

GYMNASTICS

May/June 1989
Volume 18, No. 3

BRANDY JOHNSON

Captures The 1989
McDonald's American Cup

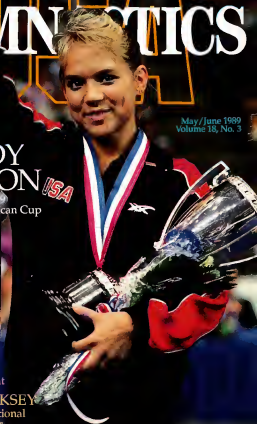


CHELLE STACK

Stacked With Talent

PATRICK KIRKSEY

The U.S. Men's National
Team's Tall Wonder



Fit, style, performance...
It's the look of a champion.



Because it's Alpha Factor.

ALPHA FACTOR • Dept. USA • P.O. Box 6246 • Valley View Road • York, PA 17406-0246 • Phone: (717) 757-0041
Our full color catalog is available to teachers and coaches (and request on official letterhead). All others please include \$2.00

USA GYMNASTICS

MAY / JUNE VOLUME 18 NO. 3

DEPARTMENTS

USGF Editorial
Page 4

Editor's Letters
Page 8

Event Calendar
Page 10

Gymnastics Update
Page 22

NEW!
Flip Comic Strip
Page 42



Classified Ads
Page 44

FEATURES

"WE CAN DO IT"

Mas Watanabe is a central figure in the development of the U.S. men's junior and senior program
page 12

1989 McDONALD'S AMERICAN CUP

The U.S.'s Brandy Johnson and Vitali Muratch from the Soviet Union won the all-around titles at this prestigious international event.

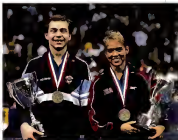
page 34

STACKED WITH TALENT

Olympian Charlie Stock is optimistic and eager to win. She recently placed third in the preliminary round of the McDonald's American Cup and the McDonald's International Mixed Pairs

page 34

CLEVER PHOTO BY DAVE BLACK



page 34

THE WINNING COMBINATION

The U.S.'s Wendy Bruce and Li Jing from China were the winning combination at the 1989 McDonald's International Mixed Pairs competition.

page 37

TALL WONDER

Patrick Karlsby is one of the newest talents to surface at the top of the U.S. men's national program. Karlsby placed high in the rankings following the 1989 McDonald's American Cup.

page 38

CHANGES OF ADDRESS AND CLASSIFICATION REQUESTS: In order to ensure continued delivery of USA GYMNASTICS Magazine, writers of changes of address should be made in a timely manner. In advance, the latest version, please include your present mailing label. Direct all correspondence to: USA GYMNASTICS/CLASSIFICATION, 301 South Capitol Avenue, P.O. Box 1000, Indianapolis, IN 46206.

The United States Gymnastics Federation (USGF) is the sole national governing body for the sport of gymnastics. A not-for-profit organization, the USGF selects, trains and administers the U.S. Olympic Team, including the U.S. Olympic Gymnastics Team. Organizations and members may always subscribe and pay for USGF services. USA GYMNASTICS is published bi-monthly for U.S. Olympic Team members and members of the United States Olympic Federation. 301 South Capitol Avenue, Suite 300, P.O. Box 1000, Indianapolis, IN 46206. Phone: (317) 633-0000. Third class postage paid at Indianapolis, IN. Subscriptions price: \$4.00 per year in the United States, all other countries \$8.00 per year. All requests for subscription information can be found on the enclosed material. Enclosure return postage \$4.00 by USGF and USA GYMNASTICS. All rights reserved. Printed in U.S.A.

NISSEN FORCED TO CLOSE

A Lesson Must Be Learned

By Mike Jacki



Dear Nissen Friends:

As you know, we have been deeply involved with the sport of gymnastics worldwide for over 40 years. During that time we've seen the sport grow and flourish at almost every level. Hopefully, we have contributed to that growth, not only by making the best equipment, but by helping promote the sport as well.

But times have changed. America's passion for litigation and skyrocketing insurance costs have exacted their toll. These factors have contributed to the demise of many of the nation's academic and intercollegiate gymnastics programs, private gymnastics clubs and equipment manufacturers. Our ability to sell Nissen equipment to our traditional markets has been adversely affected.

Accordingly, with deep regret, we announce the closing of Nissen Corporation. In April 1989, the company will cease all business activities. Given our close relationship with the sport for such a long period of time, this decision was extremely difficult to make. Economically, we had no other choice. Thank you for your support and understanding.

Sincerely,

Charles Kluge

Charles Kluge, President

The Nissen story is a great example of the way enterprise and industry created a tremendously successful American sports manufacturing concern. From the imagination and entrepreneurial spirit of George Nissen and his co-workers came the best and biggest gymnastics manufacturer in the World. The company also manufactured an extensive line of physical education products, mats, trampolines and numerous other goods. In addition, the Nissen Corporation took the leadership role in the industry by providing support to the community in the form of clinics, workshops, instructional literature and a paid

staff of top gymnastics experts. Not only did Nissen do all these things, but, and most importantly, they manufactured a state-of-the-art product line with equipment that was always on the leading edge of both technology and function. Their chrome-plated, portable, interchangeable, multi-purpose, easy set-up and storage products were intimately responsible for the growth and development of gymnastics in this country and world-wide.

When accident and personal injury lawsuits became prevalent in the late 60's and throughout the 70's and 80's, Nissen was there too, bearing the burden of products liability litigation and the inability and lack

of understanding of courts and juries to separate negligence and wrongful acts from the ability to pay. Contrary to what occurred in the courts and the awards given by jury or by settlement during all these years of lawsuits, the fact is that Nissen equipment was never proved to have failed. It always did what it was sold to do, and has continued to do so for nearly fifty years.

Nissen's problem was never an equipment problem. On the contrary, Nissen's problem was that, as a well-managed and successful business, they were simply in a better position to pay.

The irony of the demise of this great sports institution, not only for gymnastics

but for the country, is that many of the people who pushed the Nissen Corporation to its eventual end by testifying against the company in lawsuits were the same people who would not hesitate the following Monday morning to call the company and ask Nissen to supply free equipment to fitness, give a free clinic or workshop, perform some special service call or ask for a special discount on a sale. And, as most of us knew, the Nissen Corporation was usually there, without hesitation, to oblige.

While a few people may have gained personally from their actions, our sport and our future have suffered a great loss. The Nissen Corporation has been a benchmark for our gymnastics equipment industry. In an era of continued lawsuits and very slow tort reform, our sport found in a position to be able to lose a company like Nissen without a serious long-term impact.

Something needs to be learned here. Our sport is very fragile, every aspect of it. Anytime anyone destroys any part of our sport, it impacts all of us. Whenever we have an accident or lawsuit, whenever we do not conduct our businesses properly, whenever we have a child abuse problem, whenever a coach or judge acts unprofessionally, whenever we choose to air our disputes in the press rather than dealing directly (and candidly) with each other, we are destroying the very fiber and structure that allow us to exist. It is not isolated within a club or within a geographic area. Anything that happens destructive or damaging to any aspect of our sport, eventually touches all of us.

The loss of the Nissen Corporation will touch all of us. We are deeply saddened by this tragedy. Our heartfelt thanks must go out to all the people who worked so hard to make the Nissen Corporation what it was. Our sport will not be the same without them. Nissen has served the sport well. It is unfortunate that many of our own people were not able to extend the same courtesy.



Leotards designed by gymnasts.

We're with you all the way!

With an expanded line of workout wear. Hot new styles for practice, warmup, and recital. New colors. Bold new graphics. A sensational new line of unisex training wear. Only from Elite/Gym-Kin. And only in the new 1988/89 Elite/Gym-Kin catalog. Get yours today.

Call toll-free for ordering information.

1-800-345-4087

In PA, AK, HI, and Canada call collect (215) 376-6522.

FAX: (215) 376-9633

GYM-KIN
FROM ELITE SPORTSWEAR, LTD.

Covered: immediately send your catalog request on school or business letterhead. All orders, include 14 for when you request Elite/Gym-Kin. 1330 Spruce Street, Reading, PA 19602. For more information on the sport of gymnastics, contact the United States Gymnastics Federation, 204 S. Capital Avenue, Suite 300, Indianapolis, IN 46225.

An official supplier of the United States Gymnastics Federation. Junior Olympic program.



U.S. CHAMPIONSHIPS

*Phoebe Mills & Dan Hayden
attempt to defend their 1988 titles!*

ne of the most important gymnastics events of 1989 will be the U.S. Championships. This will determine the 1989 Junior and Senior National Teams.

Close to 100 of the top U.S. gymnasts will compete in the four-day event. In order to participate, women must qualify through the U.S. CLASSIC and AMERICAN CLASSIC Competitions. The men qualify through Regional Zone Competitions.

The U.S. National Team will be determined by the rank-order placement from the U.S. Championships.

On the men's side, there are 23 spots available — 12 for the Senior National Team and 10 for the Senior Development Team. On the women's side, there are 20 spots available for the Senior National Team.

U.S. National Team members are eligible to represent the U.S. in international competitions, including the 1989 World Championships. And, without a doubt, the World Championships Competition will be the biggest gymnastics event of 1989.

Not only will a new National Team be selected at the U.S. Championships, but a pair of national all-around champions will be determined. The women's all-around champion for 1998, Phoebe Mills, will attempt to defend her title, but should face stiff competition from last year's junior national champion, Juliet Bergeton, and fellow '98 Olympians Brandi Johnson and Cherie Stack.

After failing to make the '88 Olympic Team, last year's men's all-around champion, Dan Hayden, is vowing to make a comeback. Olympians Lance Ringwald, Kevin Davis, Wes Saiter, Dornack Mancucci, and Tom Schladeger will also make a run for the men's title. Other contenders are: Dennis Hayden, Scott Burg, Patrick Kirsow, Tim Ryan, Emilio Marrero, Mike Warburton, Conrad

Vorsinger, Mark McKernan, Jeff Dow and Trent Thomas.

Results from this year's Championships will also determine who participates in the USGF's newly-created "Team '92" program. In 1989, the Federation will be supporting all top athletes with approximately \$250,000 in direct cash training subsidies. The top eight male and female finishers from the Championships will be eligible to participate in this program. "Team '92" was designed to assist gymnasts with living expenses and to provide an incentive for these athletes to continue training.

The gymnasts who finish first in the men's and women's divisions will be eligible to receive up to \$16,000 during the year.

This is a competition you won't want to miss! It will be held in Bloomington, MN on July 7 - 9 at the MET Center. If you can't be there, watch it on the NBC television network.

U.S. Championships SCHEDULE

Friday, July 7 2:00 p.m.*
Men's Compulsories

Friday, July 7 7:00 p.m.*
Women's Compulsories

Saturday, July 8 2:00 p.m.
Men's Optionals

Saturday, July 8 7:00 p.m.¹
Women's Optionals

Sunday, July 9 2:00 p.m.*
Event Finals

Tickets will go on sale beginning May 25th
To charge by phone call (412) 546-0001. For
credit sales call (412) 473-0000.

USA GYMNASTICS

Publisher
Miller Black

Editor
Liam Ponsello

**Rhythmic Program
Administrator
Nora Hitzel**

Women's Program
Administrator
Kathy Kelly

**Men's Program
Administrator
Robert Cowan**

UNITED STATES CYMBARTER
PROFESSION

[illegible]

UNITED STATES DEPARTMENT OF
ENERGY

EXECUTIVE COMMITTEE

AGENCY: CENTRAL INTELLIGENCE
 BOARD: MEMBERS

Mary A. Ronsavall, D
 Paula A. Peterson, M.D.
 James J. Campbell, M.D.
SAFETY COMMITTEE:
 Dr. Mary Ronsavall
EDUCATION COMMITTEE:
 Dr. Virginia Coleman
 Richard Ronsavall, D. (Chairman)
 Dr. Richard Ronsavall, D. (Secretary)
SPORTS PSYCHOLOGY COMMITTEE:
 Dr. Robert Peterson, Ph.D.
EXERCISE PSYCHOLOGY COMMITTEE:
 Dr. Phil Ronsavall, Ph.D.

Unless expressly identified in the footnotes, all articles, illustrations and other printed matter are attributed solely to the author and the United States Copyright Clearance Center, Inc. No portion of any article, illustration or other printed matter may be reproduced without the express written permission of the copyright owner.



All competitive leotards are available in a sleeveless version.

We're with you all the way!

With a line of competitive wear that's stronger than ever.

New styles. Sleeveless competitive leotards. Oversized warmups. Bold new colors. Hot new options. Only from Elite/Gym-Kin. And only in the new 1988/89 Elite/Gym-Kin catalog. Get yours today.

Call toll-free for ordering information.

1-800-345-4087

In PA, AK, HI, and Canada call collect (215) 376-6522.

FAX: (215) 376-9633

GYM-KIN
FROM ELITE SPORTSWEAR, LTD.

Coaches, instructors: send your catalog request on school or business letterhead. All others: include \$4.00 with your request to: Elite/Gym-Kin, 1100 Spruce Street, Reading, PA 19602. For more information on the sport of gymnastics, contact the United States Gymnastics Federation, 201 S. Capital Avenue, Suite 300, Indianapolis, IN 46202.

An official supplier of the United States Gymnastics Federation Junior Olympic program.

Time donated by gymnasts.



EDITOR LETTERS

GO USA

My name is Ali Eslami. I'm 8 years old and a class III gymnast at New England Gymnastics in Agawam, MA.

I'm tired of hearing how good the Soviet Union is in gymnastics and that's why I spend about 21 hours a week in the gym. I have three nice and hard working coaches that are helping me to make my dream come true.

My dream is that one day the USA will have the best gymnasts in the world and I want to be a part of it. I try my



best but I know I can't do it alone. I just hope there are some other small kids like me that have the same dream, then we can make our dreams come true together. My favorite gymnast is Tim Daggett. I

love to think about Tim's motivational speech that I heard one night. I will never forget his speech for the rest of my life. When-

ever I think about the words he spoke, it makes me work harder to reach my goals.

Ali Eslami
Agawam, MA

PROUD PARENT

Taryn Stefanick and Ali Mills are both 10 years old and good friends. They compete at the Tallahassee Gymnastics Center in Tallahassee, FL. Even at competitions, where they compete against each other, their friendship is apparent. They cheer

for one another as well as hope to do well individually. Chris Mitchell, their coach, puts in a lot of extra time with the girls. Her guidance and their determination helped them make the jump from Class IV Compulsories to Class III Optionals without much difficulty. Their first year in optionals was tough but enjoyable. Taryn and Ali both qualified for State Meet.



On top, teammate Taryn Stefanick with Ali Mills below.

Taryn and Ali's teammates are Kristin Harrison, Destee Cardon, Abby Sly, Brittany Burns, Jessica Goodman-Taylor, and Erin Bunch. All the

girls cheer for one another and enjoy being together. They truly are a team. They've been lucky to find a sport they enjoy, that brought them close friendships, and will continue to bring them many more memories to cherish.

Pamela Mills
Tallahassee, FL

PATIENCE

I'm an advanced class III compulsory gymnast. I

have my sights on competing as an optional gymnast next season. Last year I wanted to state meet and read this poem. I found it very helpful, especially when I was upset on beam. I hope it will help other gymnasts with a goal as it has helped me.

Darcy Cartier
Fort Arts, NY



Can you feel really glad for her,
And not just pity for you?

And when success seems far away,
Your efforts all in vain,
Can you force yourself to wear a smile,
And disregard the pain?
If despite tribulations
You can say, "I won't give up!"

Then maybe someday, you'll discover,
That it's now your turn to win!

Anonymous

PATIENCE

Patience is a man's greatest virtue,
Or so the saying goes,
A gymnast must have said it,
for a gymnast surely knows,
That in this funny sport of ours,

Discouragement runs high,
And at times, the very best will find

This virtue passed her by
When hands are ripped and throbbing,

When every muscle's sore,
Can a gymnast still have patience,

To keep back as for more?
When you've lost old moves you used to do,

And progress seems so slow,
Can you still have faith in better days,

And not feel sad and low?
Can you admit you're frightened,

Yet not give in to fears?
Can you conquer pain, frustration,

And often, even tears?
When someone else does something

You've tried so long to do,



STEROID AWARENESS

I wanted to thank you for the two-part story on anabolic steroids. It just so happens that I was writing a research paper on anabolic steroids and your articles really helped!

Chris Hotwagner
Oak Park, IL

SAFETY CERTIFICATION TESTING

Scheduled Sessions

Saturday, May 13, 1989

Greensboro, NC - 12:30 - 6:30 p.m.
North Carolina Gymnastics Academy
1800-G Fairfax Road
Greensboro, NC 27407 • 919-852-6882
Course Director: Michael Iliescu
919-480-0307
Course Contact: Bill Shorn - 919-852-1882

Sunday, May 21, 1989

Clearwater, Florida - 9:00 a.m. - 4:00 p.m.
Holiday Inn Gulfview
321 Gulfview Blvd.
Clearwater, FL 34630
813-447-6461
Course Director: Karl Bishop - 813-447-2106

Wednesday, May 31, 1989

New Brunswick, NJ - 9:00 - 10:00 p.m.
Somerset Marriott
Barton Avenue Exit from Rt. 287 (exit 6)
Somerset, NJ 201-580-0503
Course Director: Cathy Finkel - 201-263-1335
This course will be conducted immediately prior to the USGF Women's Compulsory Master Workshop at Rutgers University

Thursday, Sept. 14th and Sunday, Sept. 17, 1989

Philadelphia, Pennsylvania
Adams Mark Hotel
City Avenue and Monument Road
Philadelphia, PA 19131 215-581-5000
This course will be conducted by several USGF National Safety Certifiers during the USGF National Congress.

Detail Times and Locations will all be listed in USA GYMNASTICS and USGF TECHNIQUE. They can also be checked by calling the USGF Department of Safety.

Everyone Needs To Be Safety Certified

1. Promotes a safer teaching/learning environment.
2. Reduces insurance premiums.
3. Identifies your commitment to your profession, your sport and your athletes.
4. Implementation of stricter safety practices will help reduce the chances of accidents and/or injuries.
5. Helps in membership recruitment.

General Points of Information

1. The text book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours, including the test.
3. The Course fee is \$100.00 (retail cost is \$25.00).
4. Certification is good for four years.

Participation Registration Form

Name: Mr./Mrs./Ms. _____ Soc. Sec. # _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: (H) _____ (B) _____

Course Director: _____

Course Location: _____ Date: _____

Organization Represented: _____

If USGF Member, List Type and Number: _____

Form of Payment: ☐ Check ☐ Visa ☐ MasterCard

Name on Card _____ Number: _____

Expiration Date: _____ Signature: _____

Please make checks payable in full to USGF SAFETY CERTIFICATION
Mail Registration Form and Payment to Respective Course Contact.

DO NOT WRITE BELOW THIS LINE • FOR OFFICE USE ONLY

Registration Form Received: _____

Confirmation Mailed: _____

EVENT CALENDAR

MAY

1-7	World Sports Fair (M/W)	Tokyo, Japan
1-3	USA/USSR Exhibition Tour	Cedar City, UT
5-7	IO Junior Olympic Nationals (W)	Dallas, TX
5-7	U.S. Rhythmic Gymnastics Champs (R)	Miami, FL
6-9	Second Olympiad Exhibition (M/W)	Seoul, S. Korea
9-15	Cyberdell Basics (R)	Carroll, France
12-14	IO Senior Olympic Nationals (W)	Dallas, TX
19-21	American Classic Nationals (W)	Oakland, CA
19-22	89-92 IO Olympic Comp. Workshop (W)	Tenn. House, TN
20-21	SR, Hito Regional (M)	Varna, Bulgaria
23-26	Golden Sands (M/W)	Varna, Bulgaria
25-28	89-92 IO Olympic Comp. Workshop (W)	Davis, CA
7-28	Brother Cup (R)	Tokyo, Japan

JUNE

1-4	89-92 IO Olympic Compulsory Workshop (W)	New Jersey
7-8	Grand Prix Rome (M/W)	Rome, Italy
9-12	Jr. Pacific Alliance (M/W)	Indianapolis, IN
16-18	U.S. Classic Nationals (W)	San Antonio, TX
19-26	*Australasian Grand Prix (M/W/R)	Brisbane, Aust.
3-Jul	Junior Olympic Nationals (M)	Columbus, WI
TBA	Monaco Cup (M/W)	Havana, Cuba

JULY

7-8	U.S. Gymnastics Championships (M/W)	Minneapolis, MN
19-30	U.S. Olympic Festival (M/W/R)	Oklahoma City, OK

AUGUST

19-30	World University Games	San Paolo, Brazil
-------	------------------------	-------------------

SEPTEMBER

2-3	Intl Jr. Gymnastics Comp. (M/W)	Yokohama, Japan
14-17	USGF Nat. Coaches Congress	Philadelphia, PA
22-24	World Championships Team Trials (W)	TBA
27-Oct 1	ISC World Champ (R)	Simferopol, Yugoslavia
29-30	Final Selection Meet (M)-World Champs	*West Point

OCTOBER

14-22	Artistic World Championships	Stuttgart, FR
26	Max Baergenter Gala of Artistic Gymnastics	Lynn, MA

NOVEMBER

1-15	USA/USSR Exhibition Tour	TBA
*16	National Team Exhibition with Olga Korbut	TBA
TBA	Brazil Cup (M/W)	Brazil
TBA	Swiss Cup, Arthur Gander Memorial, DFB	Switzerland/FRG
TBA	Chunichi Cup (M/W)	Japan

If you have any questions concerning USGF National events contact Allison Melington, Director of Special Events, at the USGF office 307/357-5080.

We're a step ahead of our competition.

PEGASUS



There's more to the Pegasus Olympian than meets the eye. Take a closer look and find out why Olympic champions Jim Hartung and Scott Johnson choose Pegasus. Innovative design and superior materials are handcrafted to produce what has proven to be the premier gymnastics shoe. Don't pay more for less... get Pegasus... and get a step ahead on your competition.

Shock Absorbing Heel

Softfoam® absorbs up to 94% of shock from heel strike. Only Pegasus has it.



Reinforced Toe

This feature finally eliminates the problem of toe blow out. Only Pegasus has it.

**PEGASUS
GYMNASTICS
EQUIPMENT, INC.**

5032 Kipling Street
Wheat Ridge, CO 80033
Call Collect (303) 424-8888
Made in U.S.A.

P R E S E N T I N G . . .

**THE
KAROLY'S
GYMNASTICS
WORLD
CAMPS**



Houston Camp (713) 444-6595

JULY 10 — JULY 14 (5-DAY CAMP)

Waverly Hills Camp (409) 291-6799

JULY 17 — JULY 22

JULY 24 — JULY 29

JULY 31 — AUGUST 5

AUGUST 7 — AUGUST 12

AUGUST 14 — AUGUST 19 (5-DAY CAMPS)

**Camps will be personally directed by
Bela Karolyi & Zoltan Banhegyi.**

Welcome to Karoly's World Camps, home of several Olympic and World Champions. Boys & girls. For the beginner & advanced gymnast. For the competitive gymnast. Minimum age — 8 years old.

High quality intensive gymnastics instruction in the brand new 25,000 sq. ft. gymnasium complex. Exciting additional outdoor activities: horseback riding, swimming (Olympic-size pool), tennis, volleyball, basketball, campfire activities.

Grand Opening at Karoly's Waverly Hills Camp, located 50 miles north of Houston in the beautiful Sam Houston National Forest.

ENROLLMENT IS LIMITED: Call or write for your camp brochure.
NOTE: Only cashier's check or money order will be accepted for deposit and balance. This deposit of \$50 is not refundable in case of cancellation.

NOTICE . . .

We are accepting applications for the summer camp coaching staff. Interested coaches please call for additional information: (713) 444-6595.

— A P P L I C A T I O N —

Name _____

Address _____

City _____ State _____ Zip _____

Camp Date _____

TUITION:

HOUSTON CAMP \$295

WAVERLY HILLS CAMP \$295

Additional session: \$260
Coaches refund less with 10 students enrolled.

PLEASE MAIL:

\$50 registration fee for
Karoly's Gymnastics World Camps
17903 Battered
Blades, Texas 77060
Phone: (713) 444-6595
Waverly Hills Camp: (409) 291-6799

Mas Watanabe, Shaping The Men's National Team

"WE CAN DO IT"

BY WARD BLACK

Mas Watanabe is a central figure in the development of the U.S. men's junior and senior programs. A key backstage player who shied away from the spotlight, but whose role in shaping the Olympic Championship Team of 1984 has been, by some, understated and misunderstood.

Just days before the 1989 New Year, inside the Colorado Springs Olympic Training Center stood Mas Watanabe. He, once again, was lecturing at the Junior Boys Development Camp on basics — the round-off and flip flop for tumbling, and circles and flares on pommel horse.

"We can do it," Watanabe repeated several times. "We can do these skills, and others, as well as anyone in the world." There were several dozen junior gymnasts listening, and a dozen or more coaches who heard Watanabe explain why his team, the Japanese National Men's team of the 1980's, dominated men's international competition.

The temperature in Colorado Springs had fallen to near zero-degrees overnight, and the gymnastics training gym was very cold for the morning session of lecture/class. Everyone was wearing full warm-ups and jackets. Some wore gloves and moon-boots to stay warm.

In the morning of his pommel horse clinic, Watanabe paused and asked the boys, "Do you know why the Japanese men were so good? Our training gyms in Japan had no heat, and our winters were cold from December to March. Our gyms were much colder than we are here this morning," said Watanabe.

He added, "For four months each year we did basics. It was too cold to work on optional tricks and routines

We worked basics — over and over for four months every winter — body position, swing, handstands, technique and strength... And because of this, because we trained basics year in, year out, we were World and Olympic Champions."

The foremost, absolute KEY to a successful world championship or Olympic team wins compulsories is practically guaranteed the gold medal... And once the compulsory sessions have ended, team placement varies little during optionals. The top end of medals in the all-around and in event finals come from the top placing teams. Optionals are no less important, but compulsories are the key to success. These are the dynamics of international competition. It has been this way for 50 years and this pattern cannot be ignored within anyone's or any team's training strategies.

The KEY to compulsories? Basics! Basic skill development and a very high level of refinement on individual skills.

Without a solid, perfectly controlled handstand, a simple Disnadov on parallel bars is worthless against the Soviets, Japanese, Chinese, East Germans and Bulgarians.

Patience, planning and a strong diet of basic preparation have enabled the Soviets to dominate men's gymnastics in the '80's even more than the Japanese had previously.



Mas Watanabe

Watanabe was introduced to basic gymnastics during elementary school while living near Hiroshima, Japan in Mihara City. Entering junior high school at age 12, he participated in both gymnastics and track. However, he dropped track in order to better concentrate on gymnastics.

Watanabe selected to attend Kochi Technical High School for two reasons. It was the premier high school for gymnastics in the region, and secondly, Mas planned not to attend college following graduation for which this vocational high school would best prepare him. Mas' father had died early on in his life, and thus made it impossible for his mother to afford sending him on to college.

However, this did not hinder Watanabe's desire to excel at gymnastics. At Kochi, he won the tumbling championship in his first year of high school. He demonstrated a natural ability of swing technique, and overcame a late start and trouble with pommel horse to place 2nd all-around in the high school division of Japan's National Sports Festival. At the national high school championships his senior year, a miscommunication dropped him in the all-around from the top five to 11th place.

As Mas prepared to enter the workforce following high school, his high school coach approached the head of Nittaidai—Nippon College of Health and Physical Education—to seek some college assistance for his talented gymnast. Nittaidai was, and remains, the hot-bed for collegiate gymnastics, and a springboard for those gymnasts whose sights are on the Japanese national team. Watanabe was accepted into the school and was provided with a scholarship.

"I was very surprised and honored," recalled Watanabe. "To receive a scholarship, especially to Nittaidai, was a very rare thing to happen."

However, during training camp after his freshman year, Mas tore his Achilles tendon while tumbling, and was hospitalized for close to a month.

Even though Mas was injured, he was selected to live in the special gymnastics dormitory on campus along with eight other gymnasts. This meant that he was placed on the list-track because of the potential he displayed throughout training.

Once released from the hospital, he was back into classes at the college. However, while still on crutches, Mas slipped



Mas Watanabe demonstrates the proper technique for skills on pommel horse.

from the rain and mud and again tore his Achilles. He didn't know it was torn until after three months and it was not getting better. Mas finally sought out another doctor and hospital.

One day later, Mas underwent four hours of reconstructive surgery. Following the surgery, he bowed the doctor say, "No more gymnastics."

Mas was devastated and remembers, "I would wait until lights out at the hospital and then I would get up and begin doing exercises. I did many exercises without supervision, in secret, because I wanted to do gymnastics so badly. I was determined to do gymnastics again."

"The injury and surgeries were such a traumatic experience for me. Here I was 18 or 19 years old, recruited to the top gymnastics school in the country, and on a very special scholarship. Then, the doctor tells you that you will never be able to do gymnastics again. Well, this was just unacceptable to me. This was the turning point in my life. I was absolutely determined to come back and compete in gymnastics."

Which he did. Mas' determination earned him a spot on the Japanese National Team from 1984 to 1988.

"Before retiring, I knew gymnastics would be my life's work," said Mas. "I coached at U-Cal Berkeley as the assistant when I first moved to the United States. I also worked one summer for Jack Medina teaching summer camps. It was here that I gained a better picture of American gymnastics since this was my first opportunity to work with the junior boys."

"Early on I felt that America's national team could place higher than 7th or 8th, which it had for many years. What I realized was that working with the collegiate gymnasts was too late to be effective in their development. I felt the key to U.S. improvement was in the younger gymnasts and coaches. This is why I continued my emphasis on the younger gymnasts in what eventually became my summer camp. Throughout each year, I was able to work with coaches at clinics, work with junior gymnasts at my camp, and also work

with senior level gymnasts through the NCAA program at U-Cal Berkeley."

"This vision for improvement for the U.S. national program I had early on, and I felt that, in time, success would come to the national team," said Mas.

In 1977, executive director of the USGF, Frank Barr, hired Mas as a full-time employee of the national office. Watanabe's determination to influence and help the U.S. men's national program had begun a new era for American gymnastics. Two years later, the U.S. men won a team bronze medal at the World Championships in Ft. Worth. Determination, vision and patience had brought rewards to the entire American gymnastics community.

Over the years, Mas Watanabe has been determined to accomplish many things in his world of and life with gymnastics. Determined to overcome a career-ending injury, he became one of the finest gymnasts in the world. Determined to coach outside his native Japan, he set forth to make an impact on American gymnastics. Now, as the American men's national program begins to tackle the post-Secol era, Mas Watanabe is determined to help guide the U.S. national team back into the top plateau of inter-

Bela Karolyi brings home the gold in his exciting video debut!



Gymnastics Fun

with **BELA KAROLYI**

In his first-ever home video, **BELA KAROLYI**—the world's premier gymnastics coach who guided **NADIA COMANECI** and **MARY LOU RETTON** to Olympic gold, guides you from the fundamentals of gymnastics through the advanced Olympic-style routines that have left audiences breathless.

GYMNASTICS FUN WITH BELA KAROLYI features all-sensory slow-motion demonstrations by Bela's phenomenal, hand-picked "Karolyi Kids Team." The team provides dynamic messages of: warm-up, tumbling, the balance beam, the uneven bars, vaulting, and conditioning. You'll also see fascinating action clips of past Olympic victors and present hopefuls.



BELA KAROLYI

Mail To: Invision, P.O. Box 576, Natick, IL 60145-0570
Or Call: 1-800-852-9303

Yes, please send me _____ copy(ies) of **VHS or Beta Gymnastics Fun with Bela Karolyi**, at \$29.98 each. Please add \$4.00 shipping and handling for the first video, \$0.00 for each additional.

☐ Check enclosed ☐ American Ex. ☐ Visa ☐ MasterCard

Account # _____

Signature _____

Name _____

Address _____

City _____

State _____

Zip _____

Copyright © 1990 AAI. All rights reserved. All other trademarks and registered trademarks are the property of their respective owners. Please indicate check payment collection. Please indicate desired for delivery. (00000)

New... from AAI American



NEW! GYMNASIIC GRIPS

Soft leather, glued-in control of stress points. Available in size S-D. They say that American Athlete is better and quickly generate grip in your feet, when you need them.

Women's Bevel Grip: \$26.98/yr.

Men's Bevel Grip: \$27.00/yr.

Beginner's Grip: Soft leather, \$13.98/yr.

Beginner's Grip, Regular leather: \$14.98/yr.

Manufactured for AAI by U.S. Glee



GYMNASIIC SHOES THAT FIT

Synthetic upper. Comfortable lining, perforated heel. 100% sole. Sizes S-D. American Athlete is your single source for quality gymnastic equipment and accessories!

Men's Synthetic Shoe: \$39.00/yr.

To order direct, send fast money if you wish to do so.



American Athletic, Inc.
200 American Ave., Jefferson, NJ 08121
(609) 247-2778 outside NJ
(609) 284-2725 in NJ
FAX: 609-284-4344

To order contact your local AAI American Dealer

AAI Club

Box 421
Pawcatuck, CT 06259
(203) 438-4933

AAI of Ohio

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of Florida, Inc.

4100 Broward Blvd.
Tampa, FL 33607
(813) 447-4100

Continental Gym Supply

P.O. Box 670-10
New York, NY 10107
(212) 633-1210

AAI of Spain

AAI America
San Jose, CA 95128
(415) 277-1980

Continental Gym Supply

P.O. Box 670-10
New York, NY 10107
(212) 633-1210

Good Lakes Gym Supply

341 E. Lake Street
Holland, MI 48106
(313) 422-5300

AAI of Japan

AAI America
Tokyo, Japan 10000
(03) 555-1234

AAI of Canada

AAI America
Toronto, Canada M5T 1A5
(416) 591-1010

AAI of Mexico

P.O. Box 421
Pawcatuck, CT 06259
(203) 438-4933

AAI of Italy

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of France

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of Germany

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of Australia

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of South Africa

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of New Zealand

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of Sweden

P.O. Box 20
Salem, OH 44460
(614) 361-1713

AAI of Norway

P.O. Box 20
Salem, OH 44460
(614) 361-1713

All products made in U.S.A.

national teams.

In the training gym, during the clinics, and throughout our interview, Mas repeated the same phrase again and again, "We can do it!"

Q Mas, if you were giving a clinic for pre-competition young boys and their coaches, what would you like them to gain from the clinic and take back to their gym clubs?

A There are several things I would like these gymnasts to concentrate on. Even these pre-competition boys should feel that they can become the best in the world — that even the Soviets can be beaten. A positive direction can be casually begun at an early age without a lot of hype or unrealistic expectations.

I believe it is important for them to pick a role model, in order to begin forming an image in their minds of what it's like to be a champion athlete. Regardless of country, a role model is important for young athletes.

We could help our entire program if we could instill into our gymnasts the value of pursuing the artistic side of gymnastics. Early on, we should teach that gymnastics is not only learning tricks and skills, but that it is very important how these skills are properly executed.

Most importantly, even though our sport is highly disciplined, there must be a proper balance of hard work and fun.

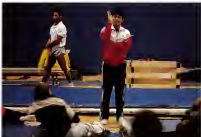
This is the challenge our instructors and coaches are faced with. "Play" has a very important role. Gymnastics fundamentals can be learned through both disciplined instruction and organized play. Our young gymnasts must have a joyful experience while learning. If they do not, we will eventually lose them to another sport.

One way our instructors can begin this process is using positive reinforcement in their instruction. They need to reward skill development because this positive environment will open the door for further development by their students.

As a teacher, it's easy to recognize what's wrong with a skill, but it's difficult to catch a part of what they did

right. Learning to pick out the positive aspect of what your students are doing and telling them so in a positive manner will greatly enhance the students' approach to learning.

Q Mas, let's turn our attention to the Seoul Olympics. What are your thoughts concerning the U.S. men's team?



Watanabe is determined to help guide the U.S. National Team back into the top plateau of international teams.

A The team performance in Seoul was actually almost as good as we expected. Unfortunately, we had a few bad breaks. It would be unrealistic to expect them to perform 100 percent at a major competition unless they were in the top group of teams. Our guys believed they would be rewarded a little more than they were.

The combination of the draw, the politics the eastern-bloc backlash from the boycotts and results of 1980 and 1984, and the international inexperience of our young team all snowballed into the negative team results in Seoul.

However, based on the performance of our team and the performance of the other top-10 teams, I would place our team in 6th to 8th. Why we finished in 11th is complicated. I hope our team knows that they performed well, and that 11th is not a true reflection of their abilities.

Q The team results from the top-10 in Seoul were — Soviet Union, East Germany, Japan, China, Bulgaria, Hungary, Romania, Italy, Canada and France. How do you evaluate the different plateaus? What plateaus of teams

should be our next goal?

A Gymnastically speaking, only — the Soviets, by far, are the best. Next, China, third, East Germany, then Bulgaria and Japan. Sixth through 10th is a mixed bag including Italy, Romania, Hungary, Canada and the USA.

Now the competition is much closer. At any given competition, the order of finish could flip-flop, especially between 6th and 10th. That is why compulsories are so vitally important in our strategic planning for the major competitions.

Our goal is sixth place in compulsories. We must first regain a spot in the top-6 in order to compete optionals in the last rotation. We can possibly accomplish this within two years if we have the detailed preparation of our gymnasts, a conducive political climate and a good draw.

Q The Olympic draw in Seoul, which put the USA up in the very first rotation for compulsories, came under a lot of fire. How has the FIG modified this process?

A In the upcoming 1989 World Championships, there will be no team competition for compulsories. The individual gymnasts from all countries will be mixed, by draw, for compulsories with no more than two gymnasts per country in any one compulsory rotation.

After the compulsories, a team score will then determine the order for the optional team competition. The top six team scores will compete in the last optional session. Seventh through 12th will compete in the previous session, and so forth. This experiment could help the fairness in team placement. It will be a very interesting World Championships in Stuttgart.

Q What can we learn from Seoul?

A We must use the Seoul Olympics as a turning point. We need to use these results to turn the program around to the positive. In order for us to be very competitive, changes, a new direction and new ideas are needed, and I believe

GYMNASTICS CAMPS

Boys' Camps

Ages 10-17

Camp I: July 24-28, 1989

Camp II: July 31-August 4, 1989

Directors:

Mako Sakamoto
BYU Head Coach/Former
Olympic Coach

Peter Vidmar

Dual Olympic Gold Medalist

This is what one parent said:

"It is evident that Mako and Peter are successful teachers who work well together and really enjoy working with the kids."



Girls' Camps

Ages 10-17

Camp I: June 19-23, 1989

Camp II: July 24-28, 1989

Director:

Brad Cutler
New BYU Head Coach
Director and Owner of All-American Gymnastics Club

For more information write or call:

BYU Gymnastics Camp
255 Harmon Building
Provo, UT 84602
(801) 738-4851



Stop painful ankle problems

Used by leading professional, collegiate and amateur athletes to stop painful ankle problems.

Prevent or reduce injuries with Swede-O Universal ankle braces. Proven effective and durable in years of testing and use. Swede-O Universal ankle braces are equal to or better than athletic tape with no harmful skin irritation.

Swede-O Universal ankle braces are quickly easily and comfortably applied by the athlete. It's as easy as putting on a sock. They are reusable, washable and guaranteed one full sports season.

Keep your flexibility and strength while protecting your ankles from injury or re-injury! Recommended by leading sportsmedicine professionals worldwide.



SWEDE-O ANKLE BRACE

Swede-O Ankle Brace is a registered trademark of Swede-O, Inc.

MALE'S SIZE CHART (in) SHOE & UNIVERSAL ANKLE SUPPORT

U.S. Shoe Size		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																			
Shoe Width	Shoe Length	2 1/8"	2 1/4"	2 3/8"	2 1/2"	2 5/8"	2 3/4"	2 7/8"	3"	3 1/8"	3 1/4"	3 3/8"	3 1/2"	3 5/8"	3 3/4"	3 7/8"	4"	4 1/8"	4 1/4"	4 3/8"	4 1/2"	4 5/8"	4 3/4"	4 7/8"	5"	5 1/8"	5 1/4"	5 3/8"	5 1/2"	5 5/8"	5 3/4"	5 7/8"	6"	6 1/8"	6 1/4"	6 3/8"	6 1/2"	6 5/8"	6 3/4"	6 7/8"	7"	7 1/8"	7 1/4"	7 3/8"	7 1/2"	7 5/8"	7 3/4"	7 7/8"	8"	8 1/8"	8 1/4"	8 3/8"	8 1/2"	8 5/8"	8 3/4"	8 7/8"	9"	9 1/8"	9 1/4"	9 3/8"	9 1/2"	9 5/8"	9 3/4"	9 7/8"	10"	10 1/8"	10 1/4"	10 3/8"	10 1/2"	10 5/8"	10 3/4"	10 7/8"	11"	11 1/8"	11 1/4"	11 3/8"	11 1/2"	11 5/8"	11 3/4"	11 7/8"	12"	12 1/8"	12 1/4"	12 3/8"	12 1/2"	12 5/8"	12 3/4"	12 7/8"	13"	13 1/8"	13 1/4"	13 3/8"	13 1/2"	13 5/8"	13 3/4"	13 7/8"	14"	14 1/8"	14 1/4"	14 3/8"	14 1/2"	14 5/8"	14 3/4"	14 7/8"	15"	15 1/8"	15 1/4"	15 3/8"	15 1/2"	15 5/8"	15 3/4"	15 7/8"	16"	16 1/8"	16 1/4"	16 3/8"	16 1/2"	16 5/8"	16 3/4"	16 7/8"	17"	17 1/8"	17 1/4"	17 3/8"	17 1/2"	17 5/8"	17 3/4"	17 7/8"	18"	18 1/8"	18 1/4"	18 3/8"	18 1/2"	18 5/8"	18 3/4"	18 7/8"	19"	19 1/8"	19 1/4"	19 3/8"	19 1/2"	19 5/8"	19 3/4"	19 7/8"	20"	20 1/8"	20 1/4"	20 3/8"	20 1/2"	20 5/8"	20 3/4"	20 7/8"	21"	21 1/8"	21 1/4"	21 3/8"	21 1/2"	21 5/8"	21 3/4"	21 7/8"	22"	22 1/8"	22 1/4"	22 3/8"	22 1/2"	22 5/8"	22 3/4"	22 7/8"	23"	23 1/8"	23 1/4"	23 3/8"	23 1/2"	23 5/8"	23 3/4"	23 7/8"	24"	24 1/8"	24 1/4"	24 3/8"	24 1/2"	24 5/8"	24 3/4"	24 7/8"	25"	25 1/8"	25 1/4"	25 3/8"	25 1/2"	25 5/8"	25 3/4"	25 7/8"	26"	26 1/8"	26 1/4"	26 3/8"	26 1/2"	26 5/8"	26 3/4"	26 7/8"	27"	27 1/8"	27 1/4"	27 3/8"	27 1/2"	27 5/8"	27 3/4"	27 7/8"	28"	28 1/8"	28 1/4"	28 3/8"	28 1/2"	28 5/8"	28 3/4"	28 7/8"	29"	29 1/8"	29 1/4"	29 3/8"	29 1/2"	29 5/8"	29 3/4"	29 7/8"	30"	30 1/8"	30 1/4"	30 3/8"	30 1/2"	30 5/8"	30 3/4"	30 7/8"	31"	31 1/8"	31 1/4"	31 3/8"	31 1/2"	31 5/8"	31 3/4"	31 7/8"	32"	32 1/8"	32 1/4"	32 3/8"	32 1/2"	32 5/8"	32 3/4"	32 7/8"	33"	33 1/8"	33 1/4"	33 3/8"	33 1/2"	33 5/8"	33 3/4"	33 7/8"	34"	34 1/8"	34 1/4"	34 3/8"	34 1/2"	34 5/8"	34 3/4"	34 7/8"	35"	35 1/8"	35 1/4"	35 3/8"	35 1/2"	35 5/8"	35 3/4"	35 7/8"	36"	36 1/8"	36 1/4"	36 3/8"	36 1/2"	36 5/8"	36 3/4"	36 7/8"	37"	37 1/8"	37 1/4"	37 3/8"	37 1/2"	37 5/8"	37 3/4"	37 7/8"	38"	38 1/8"	38 1/4"	38 3/8"	38 1/2"	38 5/8"	38 3/4"	38 7/8"	39"	39 1/8"	39 1/4"	39 3/8"	39 1/2"	39 5/8"	39 3/4"	39 7/8"	40"	40 1/8"	40 1/4"	40 3/8"	40 1/2"	40 5/8"	40 3/4"	40 7/8"	41"	41 1/8"	41 1/4"	41 3/8"	41 1/2"	41 5/8"	41 3/4"	41 7/8"	42"	42 1/8"	42 1/4"	42 3/8"	42 1/2"	42 5/8"	42 3/4"	42 7/8"	43"	43 1/8"	43 1/4"	43 3/8"	43 1/2"	43 5/8"	43 3/4"	43 7/8"	44"	44 1/8"	44 1/4"	44 3/8"	44 1/2"	44 5/8"	44 3/4"	44 7/8"	45"	45 1/8"	45 1/4"	45 3/8"	45 1/2"	45 5/8"	45 3/4"	45 7/8"	46"	46 1/8"	46 1/4"	46 3/8"	46 1/2"	46 5/8"	46 3/4"	46 7/8"	47"	47 1/8"	47 1/4"	47 3/8"	47 1/2"	47 5/8"	47 3/4"	47 7/8"	48"	48 1/8"	48 1/4"	48 3/8"	48 1/2"	48 5/8"	48 3/4"	48 7/8"	49"	49 1/8"	49 1/4"	49 3/8"	49 1/2"	49 5/8"	49 3/4"	49 7/8"	50"	50 1/8"	50 1/4"	50 3/8"	50 1/2"	50 5/8"	50 3/4"	50 7/8"	51"	51 1/8"	51 1/4"	51 3/8"	51 1/2"	51 5/8"	51 3/4"	51 7/8"	52"	52 1/8"	52 1/4"	52 3/8"	52 1/2"	52 5/8"	52 3/4"	52 7/8"	53"	53 1/8"	53 1/4"	53 3/8"	53 1/2"	53 5/8"	53 3/4"	53 7/8"	54"	54 1/8"	54 1/4"	54 3/8"	54 1/2"	54 5/8"	54 3/4"	54 7/8"	55"	55 1/8"	55 1/4"	55 3/8"	55 1/2"	55 5/8"	55 3/4"	55 7/8"	56"	56 1/8"	56 1/4"	56 3/8"	56 1/2"	56 5/8"	56 3/4"	56 7/8"	57"	57 1/8"	57 1/4"	57 3/8"	57 1/2"	57 5/8"	57 3/4"	57 7/8"	58"	58 1/8"	58 1/4"	58 3/8"	58 1/2"	58 5/8"	58 3/4"	58 7/8"	59"	59 1/8"	59 1/4"	59 3/8"	59 1/2"	59 5/8"	59 3/4"	59 7/8"	60"	60 1/8"	60 1/4"	60 3/8"	60 1/2"	60 5/8"	60 3/4"	60 7/8"	61"	61 1/8"	61 1/4"	61 3/8"	61 1/2"	61 5/8"	61 3/4"	61 7/8"	62"	62 1/8"	62 1/4"	62 3/8"	62 1/2"	62 5/8"	62 3/4"	62 7/8"	63"	63 1/8"	63 1/4"	63 3/8"	63 1/2"	63 5/8"	63 3/4"	63 7/8"	64"	64 1/8"	64 1/4"	64 3/8"	64 1/2"	64 5/8"	64 3/4"	64 7/8"	65"	65 1/8"	65 1/4"	65 3/8"	65 1/2"	65 5/8"	65 3/4"	65 7/8"	66"	66 1/8"	66 1/4"	66 3/8"	66 1/2"	66 5/8"	66 3/4"	66 7/8"	67"	67 1/8"	67 1/4"	67 3/8"	67 1/2"	67 5/8"	67 3/4"	67 7/8"	68"	68 1/8"	68 1/4"	68 3/8"	68 1/2"	68 5/8"	68 3/4"	68 7/8"	69"	69 1/8"	69 1/4"	69 3/8"	69 1/2"	69 5/8"	69 3/4"	69 7/8"	70"	70 1/8"	70 1/4"	70 3/8"	70 1/2"	70 5/8"	70 3/4"	70 7/8"	71"	71 1/8"	71 1/4"	71 3/8"	71 1/2"	71 5/8"	71 3/4"	71 7/8"	72"	72 1/8"	72 1/4"	72 3/8"	72 1/2"	72 5/8"	72 3/4"	72 7/8"	73"	73 1/8"	73 1/4"	73 3/8"	73 1/2"	73 5/8"	73 3/4"	73 7/8"	74"	74 1/8"	74 1/4"	74 3/8"	74 1/2"	74 5/8"	74 3/4"	74 7/8"	75"	75 1/8"	75 1/4"	75 3/8"	75 1/2"	75 5/8"	75 3/4"	75 7/8"	76"	76 1/8"	76 1/4"	76 3/8"	76 1/2"	76 5/8"	76 3/4"	76 7/8"	77"	77 1/8"	77 1/4"	77 3/8"	77 1/2"	77 5/8"	77 3/4"	77 7/8"	78"	78 1/8"	78 1/4"	78 3/8"	78 1/2"	78 5/8"	78 3/4"	78 7/8"	79"	79 1/8"	79 1/4"	79 3/8"	79 1/2"	79 5/8"	79 3/4"	79 7/8"	80"	80 1/8"	80 1/4"	80 3/8"	80 1/2"	80 5/8"	80 3/4"	80 7/8"	81"	81 1/8"	81 1/4"	81 3/8"	81 1/2"	81 5/8"	81 3/4"	81 7/8"	82"	82 1/8"	82 1/4"	82 3/8"	82 1/2"	82 5/8"	82 3/4"	82 7/8"	83"	83 1/8"	83 1/4"	83 3/8"	83 1/2"	83 5/8"	83 3/4"	83 7/8"	84"	84 1/8"	84 1/4"	84 3/8"	84 1/2"	84 5/8"	84 3/4"	84 7/8"	85"	85 1/8"	85 1/4"	85 3/8"	85 1/2"	85 5/8"	85 3/4"	85 7/8"	86"	86 1/8"	86 1/4"	86 3/8"	86 1/2"	86 5/8"	86 3/4"	86 7/8"	87"	87 1/8"	87 1/4"	87 3/8"	87 1/2"	87 5/8"	87 3/4"	87 7/8"	88"	88 1/8"	88 1/4"	88 3/8"	88 1/2"	88 5/8"	88 3/4"	88 7/8"	89"	89 1/8"	89 1/4"	89 3/8"	89 1/2"	89 5/8"	89 3/4"	89 7/8"	90"	90 1/8"	90 1/4"	90 3/8"	90 1/2"	90 5/8"	90 3/4"	90 7/8"	91"	91 1/8"	91 1/4"	91 3/8"	91 1/2"	91 5/8"	91 3/4"	91 7/8"	92"	92 1/8"	92 1/4"	92 3/8"	92 1/2"	92 5/8"	92 3/4"	92 7/8"	93"	93 1/8"	93 1/4"	93 3/8"	93 1/2"	93 5/8"	93 3/4"	93 7/8"	94"	94 1/8"	94 1/4"	94 3/8"	94 1/2"	94 5/8"	94 3/4"	94 7/8"	95"	95 1/8"	95 1/4"	95 3/8"	95 1/2"	95 5/8"	95 3/4"	95 7/8"	96"	96 1/8"	96 1/4"	96 3/8"	96 1/2"	96 5/8"	96 3/4"	96 7/8"	97"	97 1/8"	97 1/4"	97 3/8"	97 1/2"	97 5/8"	97 3/4"	97 7/8"	98"	98 1/8"	98 1/4"	98 3/8"	98 1/2"	98 5/8"	98 3/4"	98 7/8"	99"	99 1/8"	99 1/4"	99 3/8"	99 1/2"	99 5/8"	99 3/4"	99 7/8"	100"	100 1/8"	100 1/4"	100 3/8"	100 1/2"	100 5/8"	100 3/4"	100 7/8"	101"	101 1/8"	101 1/4"	101 3/8"	101 1/2"	101 5/8"	101 3/4"	101 7/8"	102"	102 1/8"	102 1/4"	102 3/8"	102 1/2"	102 5/8"	102 3/4"	102 7/8"	103"	103 1/8"	103 1/4"	103 3/8"	103 1/2"	103 5/8"	103 3/4"	103 7/8"	104"	104 1/8"	104 1/4"	104 3/8"	104 1/2"	104 5/8"	104 3/4"	104 7/8"	105"	105 1/8"	105 1/4"	105 3/8"	105 1/2"	105 5/8"	105 3/4"	105 7/8"	106"	106 1/8"	106 1/4"	106 3/8"	106 1/2"	106 5/8"	106 3/4"	106 7/8"	107"	107 1/8"	107 1/4"	107 3/8"	107 1/2"	107 5/8"	107 3/4"	107 7/8"	108"	108 1/8"	108 1/4"	108 3/8"	108 1/2"	108 5/8"	108 3/4"	108 7/8"	109"	109 1/8"	109 1/4"	109 3/8"	109 1/2"	109 5/8"	109 3/4"	109 7/8"	110"	110 1/8"	110 1/4"	110 3/8"	110 1/2"	110 5/8"	110 3/4"	110 7/8"	111"	111 1/8"	111 1/4"	111 3/8"	111 1/2"	111 5/8"	111 3/4"	111 7/8"	112"	112 1/8"	112 1/4"	112 3/8"	112 1/2"	112 5/8"	112 3/4"	112 7/8"	113"	113 1/8"	113 1/4"	113 3/8"	113 1/2"	113 5/8"	113 3/4"	113 7/8"	114"	114 1/8"	114 1/4"	114 3/8"	114 1/2"	114 5/8"	114 3/4"	114 7/8"	115"	115 1/8"	115 1/4"	115 3/8"	115 1/2"	115 5/8"	115 3/4"	115 7/8"	116"	116 1/8"	116 1/4"	116 3/8"	116 1/2"	116 5/8"	116 3/4"	116 7/8"	117"	117 1/8"	117 1/4"	117 3/8"	117 1/2"	117 5/8"	117 3/4"	117 7/8"	118"	118 1/8"	118 1/4"	118 3/8"	118 1/2"	118 5/8"	118 3/4"	118 7/8"	119"	119 1/8"	119 1/4"	119 3/8"	119 1/2"	119 5/8"	119 3/4"	119 7/8"	120"	120 1/8"	120 1/4"	120 3/8"	120 1/2"	120 5/8"	120 3/4"	120 7/8"	121"	121 1/8"	121 1/4"	121 3/8"	121 1/2"	121 5/8"	121 3/4"	121 7/8"	122"	122 1/8"	122 1/4"	122 3/8"	122 1/2"	122 5/8"	122 3/4"	122 7/8"	123"	123 1/8"	123 1/4"	123 3/8"	123 1/2"	123 5/8"	123 3/4"	123 7/8"	124"	124 1/8"	124 1/4"	124 3/8"	124 1/2"	124 5/8"	124 3/4"	124 7/8"	125"	125 1/8"	125 1/4"	125 3/8"	125 1/2"	125 5/8"	125 3/4"	125 7/8"	126"	126 1/8"	126 1/4"	126 3/8"	126 1/2"	126 5/8"	126 3/4"	126 7/8"	127"	127 1/8"	127 1/4"	127 3/8"	127 1/2"	127 5/8"	127 3/4"	127 7/8"	128"	128 1/8"	128 1/4"	128 3/8"	128 1/2"	128 5/8"	128 3/4"	128 7/8"	129"	129 1/8"	129 1/4"	129 3/8"	129 1/2"	129 5/8"	129 3/4"	129 7/8"	130"	130 1/8"	130 1/4"	130 3/8"	130 1/2"	130 5/8"	130 3/4"	130 7/8"	131"	131 1/8"	131 1/4"	131 3/8"	131 1/2"	131 5/8"	131 3/4"	131 7/8"	132"	132 1/8"	132 1/4"	132 3/8"	132 1/2"	132 5/8"	132 3/4"	132 7/8"	133"	133 1/8"	133 1/4"	133 3/8"	133 1/2"	133 5/8"	133 3/4"	133 7/8"	134"	134 1/8"	134 1/4"	134 3/8"	134 1/2"	134 5/8"	134 3/4"	134 7/8"	135"	135 1/8"	135 1/4"	135 3/8"	135 1/2"	135 5/8"	135 3/4"	135 7/8"	136"	136 1/8"	136 1/4"	136 3/8"	136 1/2"	136 5/8"	136 3/4"	136 7/8"	137"	137 1/8"	137 1/4"	137 3/8"	137 1/2"	137 5/8"	137 3/4"	137 7/8"	138"	138 1/8"	138 1

the coaches and the athletes are ready for this. It's time for a newer concept within the men's program.

Q What types of changes do you foresee?

A: We must not let our team preparation for the major competitions fall to chance. We need to be detailed in our strategic preparation. We need to be organized, educated and unified. Even the little things are important.

Our national team trains together the least of any other country. This does not mean a difference in training from the personal coaches to the national coaching staff — just that our individual gymnasts and our team can benefit greatly from training together prior to major competitions.

Our teams for the major competitions are sometimes packed too late. Our gymnasts can only be expected to peak a few times within a competitive season, and we must plan and schedule our qualifying meets to insure their fullest efforts can be achieved at a world championship or Olympics.

Through coaches education in conjunction with the new national training center to be built in Indianapolis, we can develop a more unified, disciplined team approach to our entire national program.

Q What are the plans for the new training center?

A: This new national training center will be a 40,000 square foot facility for gymnastics. Men's and women's training gym will be available on a full-time basis with a weight training facility, a dance arena and access to a fieldhouse for competitions and/or workshops. Dormitory space will be available to house our athletes and coaches. The training center will be a total complex with a full-time national coaching staff available.

In the future, we are considering satellite regional training gyms in addition to the national training center in Indianapolis.

I am very excited about this concept and facility. I believe this training center will have a very positive impact on the entire program — from the foundation and junior levels up to and including our top senior gymnasts. We can fill many gaps and maximize our gymnasts' development and potential. We will have a much stronger overall program.

Now we will be able to offer our senior gymnasts a tremendous state-of-the-art facility, coaching, a place to live and money to live on. This is a major

When he
flatly states,
"We can do it",
you better believe
that is exactly
what will
happen.

change in our national effort, and will be a great addition to the UTC facility here in Colorado Springs.

The new training center will be symbolic of the new era of gymnastics we are entering; however, regardless of the quality of the facility, it's what happens inside that's important.

Q Following the Seoul Olympics, you've been traveling around the country looking at the various NCAA programs. What insights are you gaining?

A: I feel it's important to understand the overall men's picture. Each collegiate program has its strengths and weaknesses. In the past, I've concentrated on the junior program, and now I will work equally with both the junior and senior programs.

From my observations so far, I can see how important it is to visit the various training gyms across the country. I will complete my evaluations once I'm through traveling. This evaluation will reflect what the program design will be at the national training center.

Q When I spoke with Ed Burch (Gold Cup - Albuquerque) during the junior training camp, he said, "The worst possible thing that could happen following Seoul would be to push the panic button. We need to make a few adjustments in the short-term, but progressive long-term changes for the national program are the most important." Do you agree?

A: Yes, most definitely. We are now in a transition period. This transition means that we need to begin development on a new generation of gymnasts. This is our long-range goal, and we are

starting this now with our junior gymnasts.

Q What are the short-range goals or the strategy for the Stuttgart World Championship team this fall?

A: The overall strategy, as was planned with the Men's Program Committee, is to train our top 12 senior men together as a group for a longer time period this summer than we have in the past. We feel this way we can better prepare our gymnasts in the competition.

First, there will be USA Championships early in July which will give us our top 12. Then, we will use the USOC's Olympic Festival, World University Games and several training camps to prepare our team for Stuttgart.

Generally, we have not placed a big emphasis on the World University Games, but this year is different. We need our top collegiate gymnasts to compete very well at this optional-only competition. Around the world, this meet receives a greater importance than in the U.S. We have an opportunity to improve our world standing before Stuttgart, and we must take advantage of this in August.

Q In 1983, you left the USGF and returned to Japan. I know you had very mixed feelings about leaving; what brought you back to America and the USGF?

A: In my heart, I never left.

When I left, I had high hopes I could help improve the Japanese program. Even though I had the title of national coach, I didn't have any real authority, which was frustrating. Tradition in Japan favors the senior people, and I was still too young to assume enough of a voice in the national program.

I did have other opportunities in Japan, but for personal and professional reasons, I felt it best to return to America. The USGF brought me into Indianapolis, and I felt very good about everything and everyone. The coaching community, Mike Jacks and the USGF board of directors all supported my return to the program.

My heart really never left this country, and even though I was away for four years, I feel today there is no gap. I'm happy to be home, and very enthusiastic about our program and the future.

With the determination Mas has displayed throughout his life, when he flatly states, "We can do it", you better believe that is exactly what will happen.

1989 USGF CONGRESS PHILADELPHIA



U.S. GYMNASTICS FEDERATION

FACTS AT A GLANCE

Date: September 14 - 17, 1989

Site: Philadelphia Adam's Mark
City Avenue and Monument Road
Philadelphia, PA 19131-1788
215/581-5900

Sufficient rooms are reserved for Congress up to August 12, 1989.

Rates: \$85.00 Single
\$95.00 Double
\$405.00 Triple
\$115.00 Quad

Travel: The official carrier of this year's Congress is American Airlines. We have negotiated with American Airlines for substantial air fare discounts not otherwise available. Please call American Airlines special reservations number, 1-800-433-1790 and refer to STAR number 50099MY to access these savings on the applicable fares. American Airlines is giving away two free sweepstakes tickets to those who book their flight through the meeting services desk and fly on American Airlines. So, don't delay. Call now! Winners will be announced at the final banquet and dance.

Fees:

\$90 for USGF professional members postmarked by August 1, 1989
\$100 for USGF professional members postmarked after August 1, 1989
\$100 for non-USGF professional members regardless of date.

Fee Includes: Free entrance to all lectures, master clinics, demonstrations, open meetings and general assembly. Free entrance to exhibit area featuring the industry's finest products. Final Awards Banquet and Dance. Registration is non-refundable after September 1, 1989. NO EXCEPTIONS.

Once again the USGF will present an outstanding program, featuring the finest clinicians and professionals in the sport. The 1989 Congress will provide you with essential, useful information on coaching techniques, rules and interpretation, running a successful, profitable operation, and more.

The highlights of the 1989 Congress in Philadelphia:

- Safety and Educational Programs
- Preschool Gymnastics Programs
- Business Presentations
- Updates on Rules and Policies
- Emphasize Grass Roots Programs

Due to the growth of Congress in recent years, space is limited for the final banquet. Register early to assure prime seating.

The registration desk will be open the following days and times:
Wednesday, September 13, 12:00 noon to 10:00 p.m.
Thursday, September 14, 7:00 a.m. to 10:00 p.m.
Friday, September 15, 7:00 a.m. to 8:00 p.m.
Saturday, September 16, 7:00 a.m. to 5:00 p.m.

REGISTRATION FORM

PRINT NAME FOR REGISTRATION

Name _____
Name of Club/Program _____
Home Address _____
City _____
State _____ Zip _____ Date _____
Phone (day) _____
Phone (night) _____

Please check appropriate title

Women's Program _____ Judge _____
Men's Program _____ Coach _____
Club Owners/Adms _____ Observer _____
Rhythmic Program _____

USGF Pro # _____
Expiration date _____

Please return this registration form with check for fee to:

USGF Congress
P.O. Box 100
300 S. Capitol, Suite 100
Indianapolis, IN 46202

This form must arrive at our office NO LATER THAN August 31, 1989. After August 31, you must register on-site. Registration is non-refundable after September 1, 1989. NO EXCEPTIONS.

*Retired,
Yet Still
Going
Strong*

KELLY GARRISON-STEVES

By Luam Peszek

What does a former Olympian and NCAA All-Around Champion do once she retires from gymnastics? If she's Kelly Garrison-Steves, she remains as busy and dedicated to gymnastics as ever.

Garrison-Steves is now travelling around the country promoting the sport of gymnastics by conducting USGF-sponsored clinics. The USGF provides air transportation and an honorarium for Kelly. The host organizers are responsible for Kelly's hotel and meal accommodations.

"The clinics promote the sport of gymnastics and help the children. The kids are active participants in the clinic. I don't just go to clubs and talk, I actually help them," she said.

USGF Women's Program Administrator, Kathy Kelly, feels that these clinics give gymnasts, coaches, and judges an opportunity to meet and learn from an athlete of Kelly's caliber. "She conducts a hands on clinic and attempts to work with each individual gymnast," said Kathy Kelly. She added that the USGF has had an overwhelming positive response from the sites that have hosted clinics.

A list of Garrison-Steves' accomplishments include: 1988 Olympian, 1984



Olympic Team alternate, second all-around in 1988 Olympic Trials, two-time NCAA All-Around Champion from the University of Oklahoma, Pan Am Gold Medalist on balance beam, eight-time National Team member, three-time World Game Team member, scored the first 10.00 in NCAA history

and has been involved with gymnastics for 15 years.

Garrison-Steves brings over 15 years experience to the sport of gymnastics and is hoping to share the knowledge and skills she has gained with future athletes.

According to Sandy Strathdee, who

hosted a clinic in Washington. "Kelly makes it a point to have at least one special moment with each gymnast who participates at the clinic. The girls learn so much from Kelly, and receive an experience of a lifetime."

What does this star Olympic athlete do at the clinics?

Garrison-Stevens does a variety of things at each clinic. She schedules speaking engagements at banquets, public functions, celebrations and/or local gyms. Her speech topics include nutrition and weight control, Olympic experiences, National Team experiences, motivation, overall gymnastics presentation, the relationship between you and your coach, the great sport of gymnastics, and her transition from the gymnasium world to the professional one.

She holds beam, floor, and presentation clinics, where she can actually give the gymnasts helpful instruction. She also answers any questions the gymnasts or coaches may have. "I know I can't teach them new tricks in an hour or two, but I try to motivate them and emphasize what their coach has already told them. I want the clinics to be a learning experience for both the gymnasts and the coaches," she added.

During the clinic weekends, she attends press-conferences and promotes the sport of gymnastics to the public.

"I also sign autographs and take pictures with the kids. However, I don't want the clinics to be just an event where they can meet an Olympian. I would like it to be a gymnastics

learning experience for them," said Garrison-Stevens.

If the clinic is scheduled around a competition, she may be seen handing out the awards.

Kelly Kelly said "The entire women's program is excited and grateful to the USGF for their support of the clinics. She added, "Garrison-Stevens is making a lasting impression on our future champions. She's added so much to our sport, not only as an athlete, but also as a role model, teacher and friend. She's very active with the women's program and has a very positive impact on our program."

Currently Kelly is active with the USGF Athletes Council, Junior Olympic Program and the USGF Board of Directors.

Despite the clinics and her other activities, Garrison-Stevens also has a full-time job with Oklahoma Centennial Sports, Inc. It is the local organizing committee for the United States Olymp-

pic Festival '89, which will be held in Oklahoma this July.

"I work as a promotional speaker for the Olympic Festival and as a marketing assistant which includes writing newsletters, articles, public service announcements and many other promotional works," said Garrison-Stevens.

She added, "I try to give insight from the athlete's perspective on how we can make this U.S. Olympic Festival the most successful in history."

She plans to finish her communications degree in August of 1989. She has two more semesters at the University of Oklahoma and then will be looking for a career in marketing, communications or public relations.

At the present time, most of the slots for USGF sponsored clinics have been filled. However, if you are interested in having Kelly Garrison-Stevens conduct a clinic, contact Michelle Scott at 317-237-5050.

USGF SPONSORED CLINICS

Featuring Kelly Garrison-Stevens

SITE	CLUB	DATE	CONTACT
Birmingham, AL	Joni Jensen Gymnastics	May 13	Patty Cagle - 205-961-7999
Long Beach, MS	Bimodal Coast Youth Center	Aug. 26-28	JoAnn Finnegan - 601-864-7664
Bozou, ID	Idaho USGF Office	Aug. 11-12	Tina Schmitt - 208-379-2643
Evansville, IN	Mat Cats	Aug. 26-27	Wendy Saville - 317-427-6883
Raleigh, NC	Gymnastics Cymex Academy	Sep. 16-17	Christine Kennedy - 919-782-9772
Yakima, CA	North Bay YMCA Cymex Center	Sep. 23-24	Glenn Bruck - 707-643-6136
Woodstock, IL	CYMEREX Cymex Academy, Inc.	Nov. 11-12	Betty Hamilton - 815-338-4438

1990

A FANTASTIC

new catalogue from the most experienced producer of floor-ex music.

Digital Mastering and Uncompromised Quality from the Barry Nease Studio.

1990 DEMO TAPES - \$5.00

FLOOR EXPRESS

BOX 2200

FRISCO, CO 80443

(303) 688-3777

FLOOR EXPRESS MUSIC

GYMNASTICS UPDATE

East Stroudsburg University

The East Stroudsburg University Men's Gymnastics Team travelled to West Germany for three competitions. Throughout the trip, they had the opportunity to visit the city of Ulm, Ronsheim, Mannheim, Kiel, Tübingen and Köln. During the two weeks in Germany, the delegation shared an educational experience of a lifetime.

Included in the trip were Judge Len DePue, Arden Landes, Stuart McMahon, Kevin Ransom, Michael Antolic, Jose Cano and coach Bruno Klaus.

At the first competition in

Ulm, Kevin Ransom won the all-around. Unfortunately, East Stroudsburg University lost the team competition.

The second competition in Mannheim went much better for the East Stroudsburg Team. They won the competition with a score of 209.20 to Mannheim's 198.50. This time, Jose Cano won the all-around with 54.80 and Kevin Ransom was second with 53.30.

The third and final competition was in Kiel. Kiel won the team title with a score of 201.85 to Stroudsburg's 200.10. First all-around went to Cano and second to Ransom.



East Stroudsburg University Men's Gymnastic Team. Pictured left to right: Judge Len DePue, Arden Landes, Stuart McMahon, Kevin Ransom, Michael Antolic, Jose Cano and Coach Bruno Klaus.

City Of Pope Competition

Amy Scherr and Kim Zmeskal from Karolyi's Gymnastics represented the U.S. at the City of Pope competition in Avignon, France. Competitors representing 11 countries participated in the March of '89 event.

Zmeskal placed first in the all-around competition with a score of 37.675 and placed first on floor with a 9.80. Scherr placed third in the all-around with a 37.250, first on bars with a 9.80, second on beam with a 9.625, and second on floor with a 9.75. Second all-around went to Roland Jarry from France with a score of 37.350.

Scherr, 13, is from Cincinnati, OH and has been on the junior national team for three years. Her favorite event is



Kim Zmeskal

uneven bars. It's no wonder that bars is her favorite event since bars is also her best event. "Amy is the best bar performer I've ever had," said Bela.

Scherr is an 8th grader at Northland Christian School and enjoys taking care of all her pets.

Zmeskal, 13, is from Houston, TX and has only been on the junior national team one year. She began gymnastics



Amy Scherr

in 1982 and her favorite event is floor exercise. "Kim is the best tumbler and vaulter since Mary Lou," said Bela.

Zmeskal is a 7th grader at Hummel Middle School. She enjoys swimming, hiking and collecting bottles.

"It's good to see that we have powerful juniors coming from behind. It shows that our future 1992 gymnasts will be very strong," said Bela.

Coaching Staff Named For U.S. Men's Team

The nation's most winning collegiate gymnastics coaches and two new rising stars have been named as the coaching staff for the U.S. Men's Gymnastics Team, as it prepares for the 1989 World Championships. This major competition will be in Stuttgart, West Germany on October 14-22.

Bill Meade, of Carbondale, IL, was named head coach by the USOGF's Men's Program Committee.

Joining Meade on the coaching staff will be Ed Burch, of Albuquerque, NM, and two-time Olympian Jim Hartung, of Lincoln, NE.

GYMNASTICS UPDATE

Meade recently won the prestigious Frank Cumiskey Award. He is finishing up a three-decade career as head coach at Southern Illinois University. Meade's teams have won more than 300 collegiate dual meets.

In 1968, Meade was head coach at the Mexico City Olympics. Most recently he served as head of the U.S. delegation at the 1988 Seoul Olympics.

Burch, who will serve as Meade's first assistant, is considered the nation's top junior coach. He is the personal coach of the nation's top-ranked gymnast, 1988 Olympian Lance Ringwald. Ringwald, at 18, became the youngest member of a U.S. Olympic Men's Gymnastics

Team since 1968.

Hartung brings a hard-driving, no-nonsense enthusiasm to the staff. A member of the 1980 and 1984 Olympic Teams, he's one of the most decorated athletes in recent gymnastics history. He competed on world championship teams in 1979, 1981, and 1983, and while attending the University of Nebraska, won 6 NCAA championships.

The new coaching staff will direct the U.S. men's team for the first time at the McDonald's Challenge USA vs. USSR, a dual meet with the defending Olympic team champions, the Soviet Union. The meet will be held April 29-30, in Columbus, OH, at St. John Arena, on the Ohio State University's campus.

Bill Meade Receives Frank Cumiskey Award

Bill Meade, gymnastics coach at Southern Illinois University in Carbondale, was unanimously selected as the 1989 recipient of the Frank Cumiskey Award. The recent selection was made by the Junior Olympic Boy's Program Committee.

This award is given as an honor to an individual for his thoughtful and unselfish contributions to the service of the USGF Boy's Developmental Program. Mr. Frank Cumiskey founded the USGF Junior Olympic Program from its roots. He endowed the Junior Olympic Program with its present design, format and character.

"This is the highest award that the USGF can bestow on an individual and is awarded annually, if awarded at all, to an individual whose undying devotion, meticulous service, and exemplary leadership has attributed to the ongoing growth of our sport," said Robert Cowan, Men's Program Administrator.

Four-time Olympian Bill Meade has coached gymnastics for 38 years. Many of those 38 years were spent coaching at Southern Illinois University.

His team won NCAA titles in 1964, 1966, 1967, and 1972.

One of the most respected educators in the sport, Meade has produced more NCAA individual champions, more Olympians and more active coaches and judges than any program in the United States. Coach Meade recently served as head of the U.S. gymnastics delegation at the 1988 Olympics in Seoul, South Korea.

Meade will be presented the award at the Junior Olympic National Championships in Oakbrook, WI, the last weekend of June.

Thiasis Rhythmic Tournament

The Thiasis Rhythmic Tournament was held on March 4-5 in Thiasis, France. Nine countries were represented in both junior and senior competition. Bulgaria won the competition having both their junior and senior gymnasts take first in the all-around.

In the junior division, Doina Tudorova placed first with a score of 37.70. The highest place finish for the U.S. in the junior division was 10th, by Jennifer Leach with a score of 35.60. Julia Rowell from the U.S. placed 14th with a score of 34.50.

In the senior division, first all-around went to Theodora Blagoeva from Bulgaria with a 37.90. The U.S. placed 7th in the senior division by Kristi Alt with a score of 35.85. Molly Krause placed 8th with a 35.50.

This was the first international competition for Leach, Rowell and Krause. According to Nora Hitzel, Rhythmic Program Administrator, these meets are the foundation and building blocks for our future international development — particularly in a World Championship year.

"These gymnasts did well for their first major competition. They are gaining experience at the international level," said Hitzel.

Judging the competition for the U.S. was Ellen Nyemtsch-Gymnastics Leach and Rowell are coached by Marina Davidovich from the United Gymnastics Academy in Jacksonville, FL. Alt, coached by Ute Alt, represents Alt's Stars from Princeton, NJ. Krause is coached by Irina Vdovets from Illinois Rhythmic.

ESPN Schedule For The U.S. Challenge

The 1989 U.S. Gymnastics Challenge competition was held in Denver, CO on March 30 - April 1, 1989. If you missed the competition, it will be broadcast on ESPN as follows:

Friday 5/05/89	8:00 - 9:00 p.m.
Friday 5/12/89	8:00 - 9:00 p.m.
Friday 5/19/89	8:00 - 9:00 p.m.
Friday 5/26/89	8:00 - 9:00 p.m.
Friday 6/16/89	8:00 - 9:00 p.m.
Friday 6/23/89	8:00 - 9:00 p.m.
Friday 6/30/89	8:00 - 9:00 p.m.
Friday 7/07/89	8:00 - 9:00 p.m.
Friday 7/14/89	8:00 - 9:00 p.m.
Friday 8/04/89	8:00 - 9:00 p.m.
Friday 8/11/89	8:00 - 9:00 p.m.

Note: All times Eastern. All air dates/times listed are considered tentative and subject to change until official publication by ESPN.

1 9 8 9
McDONALD'S
AMERICAN
CUP

DREAMS CAN COME TRUE

This is a lot heavier than it was in my dreams," said Brandy Johnson as she clutched the two feet tall silver McDonald's American Cup trophy.

*Brandy
Johnson
Captures
The
Prestigious
McDonald's
American
Cup*



The dream couldn't have been more clear, as Brandy Johnson and Vitali Marinich were awarded their victory cup.

"I've dreamed about winning the McDonald's American Cup competition for three weeks straight."

Brandy actually envisioned winning the competition and holding the trophy high above her head. "I also pictured in my dream the Soviet Union's gymnast standing next to me; it's really weird how it actually

happened that way," Brandy said.

Starry-eyed Johnson won the prestigious 1989 McDonald's American Cup competition with the highest all-around score in the history of the event — 39.649.

Being the start of a new quadrennium, the 14th annual McDonald's American Cup held in Fairfax, VA





on March 4-5, was an especially important competition. The competition, which has been televised annually for the past 14 years, pointed to the next generation of talented competitors.

After the preliminary round, the U.S. women dominated the competition. Johnson ranked with an all-around

score of 39.474. Phoebe Mills was second with a 39.324 and Chelle Stack was third with a 39.261. Junior Juliet Bangerter was in ninth place with a score of 36.70. Due to a rule that only two U.S. athletes can advance to the final eight competition, Chelle Stack was unable to compete in the final round.

Advancing to the final competition besides Johnson and Mills were Olesya Dudrik (URS), Henriette Onodi (HUN), Mari Kosuge (JPN), Karine Mermet (FRA), Stella Umeh (CAN), and Dilyana Vodenitcharova (BUL).

Continued on page 26

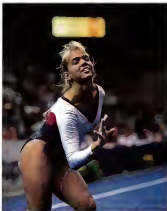
1 9 8 9 McDONALD'S AMERICAN CUP

BRANDY JOHNSON

Johnson outperformed them all, winning over the Soviet Union's Dudnik. Johnson not only won the all-around title, but won three of the four events and tied for second on vault. Vault is usually her best event — she placed fifth on this event during the Olympic Games. However, it's doubtful that Brandy was upset by not winning her best event. In fact, she had a beaming smile from ear to ear after the competition, especially when she was presented the trophy.

Brandy was definitely the crowd favorite with her new floor routine that made every person in the George Mason University's Patriot Center take notice. Her new music is Donna Summer's "Hot Stuff" and Brandy sure played the part. "My coach told me to go out and give 'em a show and that's what I tried to do," said Johnson. Her music and dance were not the only highlights of her floor routine — her strong tumbling consisted of a full-in back-out, round-off, whip, whip, flip flop, double back and a double back dismount to earn her a 9.912.

Johnson is coached by Kevin and Rita Brown of Brown's Gymnastics in Altamonte Springs, FL. "Brandy came back from the Panasonic Vic-



In the heat of competition, Brandy Johnson's sunny disposition shined through her "Hot Stuff" floor routine.

"My coach told me to go out and give 'em a show and that's what I tried to do."

tory Tour (after the Olympics) ready to train 100 percent for the McDonald's American Cup. I think

placing high (10th) in the all-around at the Olympics brought her more maturity," said Kevin.

Maturity, talent and a dream may have all been factors in Johnson's win. She was prepared, focused, and did a great job both in preliminaries and finals.

Brandy said, "I didn't know where I would finish in this competition because I didn't know what to expect from my competitors. Last year I didn't make the finals and I had to sit and watch — this motivated me to do well this year."

"I also wanted to prove that my 10th place finish in Seoul

wasn't a fluke," Brandy added.

She certainly proved that she means business in the gymnastics arena and she also proved that the balance beam could no longer make her sit out of the competition. During the 1988 McDonald's American Cup, Johnson's demise was the balance beam. This year Johnson won the balance beam event with a score of 9.937.

Kevin Brown and Brandy both agree that this competition has helped to prepare her for the World Championships, which are coming up in September.

"It would be another dream come true if I won the World Championships," said Brandy.

McDONALD'S AMERICAN CUP

COMPETITION

There were other stars on the women's side at the McDonald's American Cup competition. Dudnik, from the Soviet Union, scored 39.337 all-around — only 312 away from the all-around victory. Also, Hungary's petite Henriette Onodi placed third all-around with a score of 39.149 and Phoebe Mills from the U.S. placed fourth, with a score of 38.986.

OLESYA DUDNIK

Dudnik had an amazingly difficult beam routine using a round off layout mount, a round off full twist (on the beam), side aerial, layout, layout and triple full dismount. She placed second on beam with a 9.875 behind Johnson's 9.937. Although she had the most difficulty, she was not as polished as Brandy — with minor form breaks throughout her routine.



Shaking off an early mishap, Soviet Olesya Dudnik went on to perform.

Dudnik's floor routine, 9.875, was also loaded with difficulty — a two-and-a-half full twist punch front and a triple full for the last pass, landing a little bit short. Perhaps she was a bit shaky due to her collision during the touch warm-up on floor. Dudnik was in one corner and Japan's Mari

Kanaga was in the opposite corner when they both tumbled at the same time and collided. Fortunately, no one was seriously injured but Dudnik did get a bruised thigh.

Dudnik is a 14-year-old Soviet Junior Champion. She's definitely following in the Soviet Union's tradition of excellent gymnasts (such as 1988 all-around Olympic champion Elena Shchennikova) and will continue to be a top contender in future competitions.

HENRIETTE ONODI

Three words characterize 14-year-old Henriette Onodi from Hungary: small, hard-working and talented. Onodi finished sixth in the 1987 McDonald's American Cup and at the time was 4'0" and weighed 56 lbs. She increased not only her placing this year, but also her size. She finished third, grew to 4'9" and weighed 66 lbs. However, don't let her pint size fool

you — on floor she does round off, flip flop, whip, flip flop, full in back out, a clean triple twist and she finishes with a pike double back. She scored a 9.825 on floor. Although her dance is not her strong point, this may come with age and more maturity.



Pint-sized Henriette Onodi from Hungary, showed giant-sized talent.

Hard working? Henriette did 11 full bar routines in practice the day before the competition. Maybe that's how she scored a 9.812. When asked what her favorite event is, she said, "bars."

Due to Henriette's young age (14), she was not able to compete in the 1988 Olympic Games. However, she may be the gymnast to watch in the next four years. She captured the hearts of the audience, especially small, eager children who clamored for her autograph after the competition.

1 9 8 9 McDONALD'S AMERICAN CUP

PHOEBE MILLS

Phoebé Mills, the defending champion of the McDonald's American Cup, came in fourth all-around after falling off the balance beam on a flip flop, flip flop, layout step-out and scored only a 9.387.

Before the competition Phoebe said, "During this meet, I'm looking to get back into competitive shape and see where I stand since I haven't competed since Seoul."

Phoebe has a new floor routine — no more Adam's Family music: Mills said, "I needed something different — more mature music that's not so cutesy." Phoebe's first competition with her new floor routine earned her a 9.887.

Phoebe is also one inch taller and five pounds heavier since the Olympics in Seoul. She said, "Being taller and a little heavier makes it harder when you're flipping."

Phoebe said she has been spending a great deal of time on the new compulsories and less time on learning new tricks.

Bela Karolyi, Phoebe's coach, said,



Phoebe Mills' results were not high enough to vault the defending champion into the victory stand.

"This meet is a very good indication to test routines. Phoebe had a longer vacation than usual before coming back to trials. She came back in January and we've worked routines for only two months."

CHELLE STACK

Another Bela Karolyi gymnast one should not overlook is Chelle Stack. She, too, has an upgraded floor routine to "Rebel Rouser," a '50's rock-n-roll hit. "I like it because it's fun for me



Chelle Stack rocks the judges with a 9.862 floor routine.

and for the audience to watch," said Stack. The judges must have liked it too, because she scored a 9.862 on floor.

Bela said, "I believe the McDonald's American Cup competition opened up Phoebe's and Chelle's appetites again."

FINAL EIGHT COMPETITORS

Other competitors that finished in the top eight were: fifth all-around Stela Usach (38.761 from Canada); sixth all-around Man Kosuge (38.875 from Japan); seventh all-around Karine Mormet (37.936 from France); and eighth all-around Dilyana Vodenitchanova (36.449 from Bulgaria).

BLAST OFF

WITH A DELICIOUS NEW DRINK MIX
THAT WILL HELP YOU MASTER
THE SPORT OF GYMNASTICS!



MASTER THE TOUGHEST SPORT IN THE UNIVERSE

ENERGY

MASTER OF SPORT contains a unique blend of NATURAL carbohydrates that provide long-term and long-term energy. This means no energy "let-down" during training. PLUS, you get more to sports added muscle action at the end of your routine when effort normally fails. There's a metabolic activator that helps your muscles produce maximum energy quickly.

Also, L-Carnitine is added to assist your muscles in efficiently processing fat for energy during long workouts. Carnitine is essential to muscle tissue, and acts as a transport agent.

RECOVERY

MASTER OF SPORT helps to ensure speedy recovery from your workout — so you can train hard day after day — you need plenty of protein, the building blocks of muscle. And protein is made from amino acids. The three most needed during recovery are the branched-chain amino acids, leucine, isoleucine and valine. MASTER OF SPORT has all the branched-chain amino acids your body needs for rapid recovery.

STRENGTH

Gymnasts must be strong without being bulky or fat. MASTER OF SPORT provides all the essential amino acids, vitamins and minerals necessary in maintaining your strength without adding extra body weight. PLUS, you get gamma-oryzanol, an extract of rice bran oil, to assist in improving your strength-to-weight ratio. OOO, up to 100 calories, helps your body to use its natural resources in providing maximum strength without adding extra bulk.



MASTER OF SPORT is officially endorsed by
ANDY CROOKFIELD, many times Olympic and coach
of the 1984 and 1988 U.S. Olympic Teams.

FOR VISA/MC ORDERS ONLY

CALL FUTUREWAVE 1-800-863-EDGE

FLAVOR	QUANTITY	PRICE EACH	TOTAL PRICE
VANILLA		\$4.95	
ORANGE		\$4.95	
LEMON		\$4.95	

U.S. California residents call toll. 1. 8. 000. 863-EDGE.

Add \$2.00 per container for shipping and handling.

MAKUPHIT (Canada) call 800-863-EDGE.

Allow 4-6 weeks for delivery.

ORDER TOTAL

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

PHONE (DAYTIME) (EVENING) _____

CHECK/AMOUNT _____

SIGNATURE _____

☐ I understand there is money order for the amount of _____

and I understand there is a money order for the amount of _____

and I understand there is a money order for the amount of _____

and I understand there is a money order for the amount of _____

and I understand there is a money order for the amount of _____

and I understand there is a money order for the amount of _____

and I understand there is a money order for the amount of _____

and I understand there is a money order for the amount of _____

McDONALD'S AMERICAN CUP

MEN'S COMPETITION

The men's field of competition for the 1989 McDonald's American Cup was reminiscent of past "Cup" competitions due to the high level of difficulty seen throughout. Robert Cowan, Men's Program Administrator, said, "We saw a number of original skills and the level of difficulty was excellent."

Of the 18 men in the event, 12 were 1988 Olympians and the competitive depth of the men was seen in both preliminaries and finals. The fact that there were so many past Olympians and original skills performed in the McDonald's American Cup is remarkable since the Olympic Games ended only a few months ago. These competitors have been working extremely hard, not only learning the new compulsories, but new optional skills as well.

Competition was steep. In fact, the variance in preliminaries from first to eight places (which was a two way tie) was only .80 and the difference between third and eighth was only .35. "Overall the judging was very consistent and fairly conservative," said Cowan.

At the start of the competition, the men's technical director, Gary Alexander, was asked, "Who do you predict to win the 1989 McDonald's American Cup competition?" Alexander said, "Lance Ringnald or Italy's Jury Chechi could win because their both seasoned, international competitors. Vitali Marinich, the Soviet gymnast, could take the title or the Chinese gymnast, Li Jing, is always good."



Soviet newcomer, Vitali Marinich, proved he's a force to be reckoned with.

VITALI MARINICH

The Soviet Union's Marinich dominated the men's finals competition throughout each round winning with an all-around score of 58.20. The U.S.'s Lance Ringnald tried to surpass Marinich but had a fall on pommel horse which widened the scores. Ringnald placed second all-around with 57.80 and, not far behind, was the U.S.'s Patrick Kirksey with a 57.30.

Marinich did a very innovative and difficult floor routine using a beautiful double layout, layout arabian one and three-quarters, hand-spring one and three-quarters and a tucked double dismount. He scored 9.1 during preliminaries and 9.6 during finals. He also had an excellent parallel bar routine and tied for first place in finals with Lance Ringnald, who also scored a 9.80. Marinich does a glide reverse cut, cast half, giant half to support, stutz hand and

tucked double.

Being only a junior, Marinich was unable to compete in the 1988 Olympic Games. He said, "It's very hard to make the Soviet Union Olympic Team. There are so many good gymnasts." Marinich said he is rated 10th in the Soviet Union gymnastics ranks and hopes to make the 1992 Olympic Team.

"How important was this competition to your gymnastics career?" He replied, "It will make a difference for the future."

Soviet Olympic legend, Nikolai Andrianov, said, "The Soviet Union's Gymnastics Committee selected Marinich to compete in the McDonald's American Cup competition because they're planning to make him a World and Olympic Champion."

"Asked if he was the gymnast from the Soviet Union to watch out for, Marinich said, "I would like to be."

1 9 8 9 McDONALD'S AMERICAN CUP

COMPETITION

After the preliminary round of competition, Vitali Marinich from the Soviet Union was in first place with a score of 57.00. Alfonso Rodriguez from Spain and the U.S.'s Lance Ringnald were close behind and tied for second with a 56.850. The other five competitors who were able to advance to the final competition were: Jury Chechik (ITA) with a 56.650; Patrick Kirksey (USA) with a 56.450; Andre Hempel (GER) with a 56.300; Li Jing (CHN) with a 56.250; and Makoto Aihara (JPN) with a 56.200.

ALFONSO RODRIGUEZ

During the preliminary round, Rodriguez did an exciting exercise on high bar with a one arm tkachev, nice inverts and a triple back dismount. He was leading by .4 going into the last event, which is his best event, high bar. However, he missed a release — legs together tkachev and hyper-extended his elbow — which caused him to scratch from the final competition.

Rodriguez placed 10th all-around during the 1987 McDonald's American Cup and certainly had a shot at the all-around title in '89. It was unfortunate that he was injured during



Winning the silver medal in the all-around, Lance Ringnald had a grip-up on the competition.

the preliminary round and could not compete in finals. He attends Houston Baptist University and is coached by Hetch Dvorak.

Rodriguez was optimistic and said, "I'm looking forward to my fourth World Championships competition."

LANCE RINGNALD

Lance Ringnald was pleased with his performance. After the preliminary competition he said, "Tomorrow I won't change anything but I'll concentrate

1 9 8 9 McDONALD'S AMERICAN CUP

on my errors and try to correct them." He added, "There's a lot of talent here. The Soviet gymnast competes very well."

Ringnald used a new dismount off pommel horse — a back pike. However, he got into trouble during the pommel set and almost set with a form break on a handstand sequence. He scored a 9.350, which cost him the all-around title. Ringnald won high bar with a 9.80 and placed second on still rings with a score of 9.650.

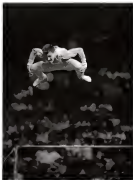
PATRICK KIRKSEY

Patrick Kirksey is another 'big' competitor who defies tradition by working so well on events which are usually thought of as 'little' men's events," said Cowan. On floor he does a sky-high full-in back-out, a stretched front tuck, a full twisting side somersault and dismounts with a tucked double. He took a step on the dismount to make his score a 9.40, which tied for second place with Ringnald and Marinich.

"Pat's routine is full of originality and well-executed skills," said Cowan.

Kirksey tied for third on pommel horse with a 9.550 along with Li Jing of China.

Kirksey said, "I'm very happy with third all-around. I hit all six events yesterday and today, with only two minor errors."



The U.S.'s big man, Patrick Kirksey proves to be a high flier.

Kirksey is a junior at the University of Nebraska and is coached by Francis Allen and Jim Howard. He dedicated last year to learning the new compulsories instead of working toward making the 1988 Olympic Team. Kirksey's ultimate goal is to make the 1992 Olympic Team.

DIMITAR TASKOV

Bulgaria's Dimitar Taskov found out the morning of the finals competition that he was competing and not watching the finals competition. Originally, Taskov did not make the final round because he placed ninth in the preliminary competition and only the top eight advance to finals. How-

ever, Rodriguez scratched due to an elbow injury and Taskov was the next in line to compete.

Taskov didn't let lack of mental preparation hinder his performances. In fact, he competed better in finals than he did in preliminaries, scoring a 59.250 all-around versus his 56.20 all-around score in preliminaries. Taskov placed fourth all-around, second on pommel horse, and tied for second on high bar — not a bad day for a guy who thought he was going to be watching the competition.



Germany's Andse Hempel

FINAL EIGHT COMPETITORS

Other competitors that placed in the top eight were: fifth all-around Li Jing, 57.200, from China; sixth all-around Jury Chechi, 56.650, from Italy; seventh all-around Andse Hempel, 56.550, from German Democratic Republic; and eighth all-around Makoto Aihara, 56.400, from Japan.

VELCRO GYMNASTIC GRIPS

MEN'S INDIVIDUAL SCORES

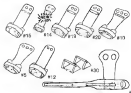
Elton Elmore, James Scott, Robert Wilson, & A. B.

1 Vitali Marincich	URS	9.600	9.750	9.750	9.600	9.600	9.700	58.250
2 Lance Ragsdale	USA	9.600	9.750	9.600	9.600	9.600	9.800	57.900
3 Patrick Karkis	USA	9.600	9.500	9.400	9.500	9.200	9.600	57.200
4 Dmytro Tsvokov	BUL	9.250	9.600	9.400	9.600	9.600	9.700	57.200
5 Li Jing	CHN	9.500	9.500	9.250	9.600	9.500	9.600	57.200
6 Jerry Choata	ITA	9.300	9.500	9.600	9.600	9.100	9.200	56.600
7 Andre Hennippl	GDR	9.100	9.500	9.500	9.600	9.600	9.600	56.500
8 Mikhailo A. Chern	URS	9.200	9.500	9.400	9.500	9.200	9.600	56.400

WOMEN'S INDIVIDUAL SCORES

[Vault](#) [Home](#) [About](#) [Privacy](#) [Advertise](#)

1 Brenda Johnson	USA	8.600	9.900	8.603	9.812	36.649
2 Oleksia Dudnik	URS	8.870	9.790	9.862	9.875	38.337
3 Hennette Choud	USA	9.050	9.812	9.637	9.825	38.148
4 Phoebe Mills	USA	9.905	9.797	9.387	9.887	38.966
5 Stella Urneh	CAN	9.600	9.612	9.773	9.712	38.696
6 Mann Kossage	JPN	9.835	9.525	9.755	9.790	38.875
7 Karine Monnet	FRA	9.811	9.662	9.237	9.179	37.886
8 Deliana Vostanacharn	THA	9.162	9.095	8.775	9.687	36.719



G. W. DEITCH SR., INC.
275 RICH VALLEY ROAD
CARLISLE, PA 17013
(717) 687-3107



Do your hands rip?
After the rip do you still workout?
The day after your rip, is it dry & cracking?

My new glove can help relieve some pain. During or after practice by keeping your hands soft, your hands won't dry out, crack with my protective glove. Help me defeat the pain. Order your protective glove.



Join the Pay Cycle -
Openrollment
Request Form! Now
Open!



11/01/2011 10:00:00 AM
 11/01/2011 10:00:00 AM
 11/01/2011 10:00:00 AM



© 2000 Blackwell Science Ltd
Journal of Internal Medicine 247: 391–397

Finally, the computer program that gymnastics clubs have been waiting for...it's called



GYM EZ is a comprehensive gym operating system which will help you manage your gym

_____ **Send me the book for free!**

Plasma for transfusion (PTM) test
also known as:

- MIDDLE-OF-MARKET
- ACCOUNTS RECEIVABLE
- INVENTORY
- DEFERRED REVENUE
- PROPERTY, PLANT & EQUIPMENT
- GOODWILL
- OTHER ASSETS

Editorial Board

- IBM-Compatible PC/XT/AT
- Hard Disk
- Hard Case Drive
- Printer
- Software, Manuals & User Guide

To Order send check or money order to: Computing Information Systems
Distribution, 1075 Euclidean Drive East, San Antonio, Texas 78209

- ²² *Handing over the baton*, 197, 202, 203.

¹⁰ <http://www.fishbase.org> (accessed 20/02/2009).

0.17%		0.17%		
1	General Long Spring Systems	17.00	1	Dequenne Board Co. #100
2	Dequenne General Products Co. #100	17.00	2	De Quenne #100
3	Dequenne General Products Co. #100	17.00	3	Dequenne General Products Co. #100
4	Dequenne General Products Co. #100	17.00	4	Dequenne General Products Co. #100
5	Dequenne General Products Co. #100	17.00	5	Dequenne General Products Co. #100
6	Dequenne General Products Co. #100	17.00	6	Dequenne General Products Co. #100
7	Dequenne General Products Co. #100	17.00	7	Dequenne General Products Co. #100
8	Dequenne General Products Co. #100	17.00	8	Dequenne General Products Co. #100
9	Dequenne General Products Co. #100	17.00	9	Dequenne General Products Co. #100
10	Dequenne General Products Co. #100	17.00	10	Dequenne General Products Co. #100

Species/Species	Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100
Species/Species	Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100

It is a good idea to have a backup for the server.

[illegible]

Author: S. D. Fox, fox@maths.ox.ac.uk
 Author: S. D. Fox, fox@maths.ox.ac.uk
 CACM: 2010-01-15 (Google.org)
 Copyright: 2010, S. D. Fox, fox@maths.ox.ac.uk
 CACM: 2010-01-15 (Google.org)

Being an asset manager
 I switched from pure life to managed
 the market and in 1995, the 10 years, and the
 company is the world's largest asset manager.

Abstract:
 0.05 Drops (5, 10, and 15 mg) of compound were applied to owners of 100 dogs and cats treated with the flea and tick treatment Frontline. The main outcome was noted.

Keywords:
 Confidence
 Confidence
 Confidence

Keywords: child sexual abuse; disclosure; social support

STACKED WITH TALENT

BY SUSAN POLAKOFF

*Karolyi's
Little
"Rebel
Rouser,"
Chelle
Stack*

During a photo shoot at last summer's National Gymnastics Championships in Houston, Texas, a photographer from USA TODAY was placing Bela Karolyi and all of his gymnasts around the balance beam for a photo.

With Karolyi in the middle, the photographer asked for two "of the smallest girls" to pose on the beam by

their coach. When the photographer plucked Chelle Stack from the group, Coach Karolyi growled with a grin.

With little Chelle now practically sitting on her coach's shoulder, Karolyi whined at the photographer, "Not her... don't put her by me... that little sucker will bite me!" Amid the giggles from the group, that is exactly what Chelle Stack did.

She bit the coach from Transylvania — not on the neck, but on the ear.





Overlook

Carroll/Michelle Stack isn't afraid of much. She's not even afraid to playfully bite someone's ear who is about three times her size. Stack, 15, who was the youngest woman on the 1988 Olympic Team, seems fearless in just about every area she attempts to conquer.

Stack first surprised U.S. audiences during the 1988 McDonald's American Cup where she finished third all-around. Four months later, Stack became the national uneven bars champion at age 14. She also finished fourth in the all-around at Houston and later that summer, placed fifth all-around at Olympic Trials.

At meets, spirited Chelle can often be seen with a can of sally string in hand, a wad of bubble gum in her mouth, hopping to the nearest shopping mall. "I'm probably more enthusiastic than most. Everybody is different, but I'm energetic and fun and really up. If you're down, it will affect your performance. My attitude helps my gymnastics," she said.

Chelle's attitude carried her through some disappointing moments in Seoul. After the U.S. women's team realized their 3 penalty deduction would prohibit them from winning the bronze medal, Stack packed up her gym bag, and said very matter-of-factly, "Well, guys, we almost got 'em."

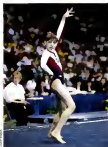
Even though a bronze medal slipped through her fingers, young Chelle did not dwell on what almost became an international incident. Unfortunately, Chelle slipped off uneven bars during her compulsory bar routine, but seemed unphased by it all. "If I could have done anything different at the Olympics, I would have stayed on bars," she said. Stack believes since she was up early in the rotation, she was trying to make up for her placement. "I was just trying too hard and it didn't work."

"The Olympics was not like I thought it was going to be. The

Olympics in Los Angeles seemed so different, it seemed like athletes there had so much U.S. support behind them. We didn't have much support behind us in Seoul. Korea is a really different place," Stack said.

She says her gymnastics career began at age two when her mother enrolled her in ballet class. "I really don't remember that," she said. "I dropped it because it was boring. But I do remember my first gymnastics meet when I was a Class IV in Pennsylvania."

Born in Enshcott, NY, on July 23, 1973, Chelle spent three years in Pennsylvania before moving to Houston. "My dad was getting transferred and I wanted to go to Karolyi's, so it all worked out," she said.



Dave Cook

According to Chelle, her father, Frank, works in Dallas at Boeing and is able to see his daughter "about every two weeks." Chelle, her mom Carol, and brother Paul, 19, live in Houston.

"My mom and brother are going to open up a pet store called 'Pet & Things,' Chelle said. "They are going to have reptiles, snakes, alligators and lots of fish. My brother has wanted to do this forever and my mom finally gave in. Now all my friends want jobs there," she laughed.

There is something Chelle wants

*Rockin'
& Rollin'
Chelle Stack
proved her
new floor
routine
was a
big hit!*

that is no laughing matter.

"I want to win. I haven't done that yet," she said. "I want to place first at the U.S. Championships. I want this year to be my winning year."

Focused on U.S. Championships and the '89 World Championships, Chelle says she has not decided how long she'll remain with the sport.

"I'm just thinking about the Worlds right now," she said.

Stack says Coach Karolyi gave his team a "pep talk for the next four years," but says she is taking one day at a time because, "you never know what is going to happen."

"Even though I only finished third in this year's McDonald's American Cup, I'm still pleased with my performance. I beat my all-around score from 1988. I have to concentrate on beam more. I'm not at the same point on beam where I am on bars and floor."

Known as a powerful quick tumbler, especially considering her size (4'9" and 78 lbs.), Chelle does tumbling passes with multiple skills. Her first pass at the McDonald's American Cup was round off, double full, three flip flops to a double back. Her second pass — round off, flip flop, double back (layout/pike). She

ended with a double back. Chelle doesn't have many slow parts to her routine. In fact, she never slows down until she salutes the judge at the end of her routine!

Chelle's floor routine was revamped at the beginning of 1989 to

*"I want
to win.
I haven't
done that
yet."*

incorporate her love of 1950's rock-n-roll music. "Sometimes I think I should have been born in the '50's or must have been there in another life because I love everything about the '50's. I especially love the skirts girls wore and the music... and you could get a Coke for a nickel!"

When Chelle unveiled her new floor routine to the tune of "Rebel Rouser" at the '89 American Cup, the crowd clapped along with her. "It's a fun routine for me and fun for the audience to watch."

While listening to her parent's old records, Chelle found "Rebel Rouser" and liked it. "I wanted to use 'Rockin' Robin' but it has words. If I could find 'Jailhouse Rock' or 'Hound Dog' without words, I would use them for my floor music because I really like Elvis. I would like to visit Graceland someday," she added.

Besides listening to early rock-and-roll, Chelle enjoys collecting dolls and key chains. Like most teens, shopping is also a high priority, as are movies. To no one's surprise, her favorite movie is "Grease".

And, to no one's surprise, this compact bundle of energy has the determination and spirit to accomplish what she wants. Chelle Stack's "bark" is NOT bigger than her bite.

**Elite
Expressions.**
Orchestrated Competitive Music



The Superb Sounds of
Orchestrated Gymnastics Music
for Competition.
1989 Demo Tape - \$5.00

2201 Shad Court
Naples, Florida 33962 • (813) 775-2921

**THE MUSIC
EXPERTS**

1989
McDONALD'S
INTERNATIONAL
MIXED PAIRS

THE WINNING COMBINATION

By Luan Peasek

The winning combination at the 1989 McDonald's International Mixed Pairs Competition was the U.S.'s Wendy Bruce and Li Jing from China. The competition was held in Jacksonville, FL on March 8.

This unique competition consists of male and female teams representing a total of 16 countries. Both the male and the female gymnast from each country are paired together for three rounds of competition, and each pair chooses their strongest events in order to score the highest combined total points to win. Countries not having both a male and female representative were randomly paired, which is exactly what happened with Wendy Bruce and Li Jing.

Bruce chose to start on vault and Jing started on parallel bars. After the first round of competition, the top eight pairs advanced to the second round. They included: Olesya Dudnik and Vitali Marinich from the Soviet Union (19.500); Bruce and Li Jing (19.425); Phoebe Mills and Patrick Kirksey from the U.S. (19.400); Chelle Stark and Wes Suter from the U.S. (19.400); Juliet Bangert from the U.S. and her partner, Pedro Tort from Puerto Rico (19.250); Henriette Onodi and Zsolt Horvath from Hungary (19.225); Karine Mornet and Stephanie Courtin from France (19.175); and Stella Ulrich and Lorne Bobkin from Canada (19.150).

After the second round of competition, Mills and Kirksey had moved up from third all-around to first all-around with a score of 38.80. They were followed by Bruce and Jing with a 38.70 and Stark and Suter in third place with a 38.65. However, due to a rule that only one U.S. pair (both partners from U.S.)



U.S.'s Wendy Bruce



China's Li Jing

can participate in the third round, Stark and Suter were bumped and fourth placed Dudnik and Marinich (with 38.10) advanced to the third and final round of competition.

Unfortunately, Kirksey and Marinich both had a fall on pommel horse scoring a 9.0 and a 8.95 respectively. Mills said, "Patrick and I just wanted to go out and do the best routines we could. There's also a little bit of luck involved."

Brandy Johnson and Lance Ringnald were out of the competition after the first round. It was surprising because Johnson took first, and Ringnald second all-around, at the McDonald's American Cup only four days before the competition. Brandy's first event was vault and she scored a 9.675. Ringnald had a couple of breaks in his parallel bar routine and only scored 9.35. They learned it only takes one mistake, from one of the partners, to be knocked out of the competition.

"The McDonald's International Mixed Pairs provides an exciting change of pace from more standard international competitions," said Mike Jacki, executive director of the U.S. Gymnastics Federation.

This competition involves strategy in order to advance to the next round. And this year, Wendy Bruce and Li Jing had the winning combination.



Summer Gymnastic Workshop
June 25-August 6
Now offered in two-week sessions

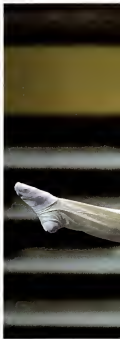
For ordering mail to:
Director of Summer Administration
32 Highland Street, North, MA 01760

TALL WONDER

BY LUAN PESZEK

Coach, Francis Allen thinks Patrick Kirksey has proved to be a strong competitor

Patrick Kirksey, who is 5'10" tall, is one of the newest talents to surface at the top of the U.S. men's national program. Kirksey, who has limited experience in international competitions, did exceptionally well at the 1989 McDonald's American Cup. This prestigious competition was host to gymnasts from seventeen countries, including the Soviet Union. Kirksey placed third all-around and four days later, Kirksey again placed third all-around with his partner, Phoebe Mills, in the McDonald's International Mixed Pairs competition.



Kirksey was very happy with his third place finish at the "Cup". "I hit all six routines in both preliminaries and finals, with only two minor breaks," said Kirksey. One of his breaks occurred when he overshot a back toss on parallel bars, a problem



that can be easily resolved.

However, he was not as happy with his performance at the "Mixed Fairs". "I didn't do as well as I could have on the pommel horse," said Kirksey.

"I had a lot of fun on the trip, to the

Cup and Mixed Fairs. Even though you couldn't speak some of the competitors' language, you communicated with them nonverbally. It was great meeting all of them," said Kirksey.

Francis Allen, coach at the Uni-

versity of Nebraska said, "This was Patrick's first real international test. He proved that he is a competitor." Allen thinks that Patrick's positive attitude is one reason for his gymnastics success.

A junior at the University of Ne-

LOW COST • HAND ENAMEL
**CUSTOM MADE
 MEDALS & PINS**

**Custom Medals
 & Pins**

Made of top quality
 brass (gold plated)
 World colors and
 detailed work to
 your design.
 shapes, and sizes.
 \$60 (incl. shipping)
 Min. order only 150
 pins... 8 week
 delivery. Gold, silver, or
 bronze finish, enameled ingots
 bags, medal ribbons, samples, or
 ask today



Stock Medals
 Immediate delivery
 on these designs:
 • Enamel 1 1/2" round
 • Enamel 1 1/2" square
 • Only \$54 each
 (1) 100 (1000)



KB Specialties, Inc.
 15015 Pioneer Dr. Dept. 15040
 Post Office Box 1200
 San Diego, CA 92126-1200
 (619) 594-3333



**Gym West
 Sport Products Company**
Gymnastic Shoes
ONLY \$15.00



Color: White
 Sizes:
 Children 9-13
 Adult 1-11
 You must send
 tracing of foot
 with order

- Made of canvas and leather. Excellent for beginner and intermediate gymnast.
- Shipping Add \$1.50 for 1st pair and \$.50 for each thereafter
- Send Money Order, Check or C.O.D. to
 Gym West Company
 P.O. Box 133
 Clawson, MI 48017 (313) 557-4314

braska, Patrick's major is finance. He plans to continue his education at graduate school and receive a management of business administration degree. Of course, he'll remain at the University of Nebraska and train with his coaches, Allen and Jim Howard.

His hobbies outside of gymnastics are reading, water skiing, working with computers and mastering difficult tongue twisters.

Kirksey's hometown is Tucker, GA. "I decided to go to the University of Nebraska because Kevin Davis went there, and we were teammates when we were younger," said Kirksey.

Patrick has a great deal of family support. "There's no way I could have gotten as far as I have without my family's support," said Kirksey. He has two younger sisters and one older brother. All three are competitive swimmers. Patrick also was a swimmer in his younger years.

He became interested in gymnastics when one day, while at the pool, he wandered across the street to a gymnastics club. He was intrigued with gymnastics and began taking lessons. He also played baseball and soccer, but realized that he should concentrate on one sport instead of four. "I figured that I could go further in gymnastics and I wanted to get a scholarship to college," said Kirksey.

Well, it certainly seems that Pat-

rick has found his niche — gymnastics. He began gymnastics in 1976 and he's been on the senior national team one year. Patrick's favorite event is pommel horse.

He was the Class I National Champion his senior year of high school. He competed in the 1988 Romania International Invitational and placed fifth all-around. Recently, he



Kirksey's lifelong dream is to make the '92 Olympic Team.

competed in the 1988 Winter Nationals in Colorado Springs, CO where he placed third all-around.

"My lifelong dream is to make the '92 Olympic Team," said Kirksey. His short term goal is to help the University of Nebraska win another NCAA Championship. "I also want to do well individually — but the two go hand-in-hand. If I do well individually, I will be helping the team," Kirksey added.

Some of the toughest competitors in the NCAA Championship, according to Kirksey are Alfonso Rodriguez from Houston Baptist University, Dominick Minkcud and David Zeddes from the University of Illinois, and David St. Pierre and Chris Waller from UCLA.

"If I want to do well at the competition, I've got to hit 12 for 12 routines," said Kirksey.

The NCAA Championship competition will be held in Lincoln, Nebraska on April 13 - 15.

Walking the Straight and Narrow Can Lead to a Wide Open Future.



Walking a balance beam 4 inches wide and 4 feet high teaches a young girl how to concentrate on where she is going in life. She quickly learns how to put her foot down... and when to leap for her dreams.

Gymnastics gives young girls the tools they need to build a successful future: The courage to explore unique talents. The confidence to set lofty goals. And the creativity to reach them.

Above all, it develops the discipline to achieve.

If you'd like to help your child learn to walk the straight and narrow, enroll her today in a local gymnastics program. You'll be opening up a world spinning with possibilities.

For more information, contact the United States Gymnastics Federation, Pan American Plaza, 201 S. Capitol Ave., Suite 300, Indianapolis, Indiana 46225. 317/237-5050



**Gymnastics:
Winning
at Life**



This is the story of Flip, the official mascot of the UK dry-roasted Taro. Flip's goal is to become best friends with each and every girl and boy who loves with his LOVELY CRISPNESS!

This is how Flip came to Australia, and how he entered the lives of Annie, Kate, Alex and all of the kids who hang out at CYMAGNET USA, a USAR and member club...



Flip was born in the world's biggest jungle gym, a paradise for monkeys who love to swing and flip. In fact, Flip got his name because he was the best at flipping from vine to vine, leaf to leaf, high in the trees...



One day while Flip napped, some men from Africa captured him.



...And they loaded him in a bamboo cage and put him on a plane. Flip cried when he saw the ropes of his cage were so small and slippery beneath the clouds.

A long time passed.



When the plane landed, Flip and his cage were thrown into a truck as big as an elephant.



It roared like an elephant, too. It bounced and crashed through the city. Suddenly it slammed into a pothole, the back flew open, and out tumbled Flip, cage and all. The truck drove away...



Left behind the sweet smell of bananas made him think he was still home...



The Kravitzes feuded around. They reminded Flip of his home, his friends, their playground in the trees. He was about to cry when suddenly Mr. Kravitz, the grouchy grocer, chased him into the street.



— Right in front of a school bus! Flip jumped as high as he could...



... And coming safely out of the way. This was more like it!



He swung his arm again!



Dropped into a scissor!



Wapped into a scissor!



at Gymnapolis USA. Flip couldn't believe his hometown sports kids, kids and more kids, playing, swinging and flipping everywhere! Just like home! As he watched Annie, Kate, Alex and the others he felt his sadness slip away. He could make friends here, a home...



Mrs. Kravitz was driving her daughter, Annie, and Edward Alex, her two friends, to their work...

to be continued!

CLASSIFIED ADS

POSITIONS AVAILABLE

Position available for a girl's head coach. Growing program needs dependable, mature individual with strong coaching/gymnastics background. Girls team with responsibility for assistant coaches plus some class responsibility. New facility with excellent team equipment. Salary commensurate with experience and responsibility. (203) 931-0258. Ask for Bill.

Girls/Boys head coach/instructor. Full-time position open for enthusiastic, dependable person. Coaching and teaching spots open. We've had an established, reputable program for 15 years. Beginner boy's team and class IV-4 girl's program. Salary based on experience. Send resume or call: Capone Gymnastics, 145 Main Street, Cherry Valley, MA 01611 (508) 892-3797.

Full-time women's coach/choreographer to work with all levels from class program through Class I. Strong dance background preferred. Well established program, completely equipped 6800 sq. ft. gym with new 12000 sq. ft. facility in the design stage. Over 600 students from preschool through teens. Starting salary commensurate with experience. Send resume to High Tumbler's Gymnastics Center, P.O. Box 4403, Waco, Texas 76714-8403 or contact Doug Fitzgerald (817) 778-2165.

A growing YMCA with an Olympic class 70 X 90 fully equipped facility with team pit. Need a dependable person with strong gymnastics background to supervise progressive programs. Hire and train part-time instructors, pre-school through progressive. Coach girls Class IV thru II. Excellent benefits with health insurance, dental, and full retirement included. Our YMCA is located in one of the top ten fastest growing counties in the nation. Contact: Bill Wagner, YMCA, 4900 Eldmann Rd., St. Charles, MD 21701 (314) 926-1025.

FANTASTIC BUSINESS OPPORTUNITY! Four-year-old gym with a rapidly growing enrollment. Established developmental program, preschool through adult classes. Competitive team program is very strong, presently offering Class IV-1 boys and girls. We employ mature, responsible staff with an excellent gymnastics background. Unlimited potential for growth and expansion, excellent location, and a great lease option. Send inquiries to: Gymnastics, Inc., 300 E. Cypress, Normal, IL 61761.

Position available. Responsible and enthusiastic coaches needed to teach gymnastics for all levels of team and classes for girls and/or boys. Spacious 15,000 square foot, air-conditioned facility, a successful, com-

petitive gym in Northern Virginia. Part or full time available. Salary negotiable, based on experience and ability. Please contact: 19400 Paceside Court, Burke, Virginia 22015, (703) 425-5707 or (703) 554-1427.

Palms Beach Sports Academy is looking for a qualified coach to take over our existing Boys-Developmental Classes and Boys Team, Class V, IV, III on policy / optional. We currently have over 650 students and will be expanding our 10,000 square foot facility. If you are looking for a place to grow — that is it. Salary commensurate with experience, to include medical & dental insurance and paid vacations. Send resume or call: Palms Beach Sports Academy, 4365 Okeechobee Blvd., #16, W. Palm Beach, FL 33409 (407) 646-5697.

American Gymnastics of Boca in sunny and prestigious Boca Raton, Florida is looking for full-time employees for pre-school, recreational classes, and assistant coaching positions. Full-time position includes medical benefits, vacation days, bonus program. Salary commensurate with experience. Send resume or call: Mary at American Gymnastics of Boca, 9807 Claiden Road, Boca Raton, FL 33434 (407) 463-0444.

Immediate opening for girls team coach Class III to Elite; also recreational and pre-team classes. Our well-established program is the largest in the Southwest. Beautiful 20,000 square foot facility makes excellent working conditions. Excellent teaching skills and technical knowledge as well as good communication skills necessary. Salary commensurate with experience. Call and send resume to: Sunland Gymnastics Center, 1204 Wheatland, 3110 E. Thunderbolt, Phoenix, AZ 85032 (602) 993-5790.

Position available: full time, teacher/coach (girls) starting fall '89. Salary competitive, 7 weeks paid vacation, full insurance, professional improvement plan, 401K retirement plan. Broad new 10,000 square foot facility. Looking for very professional teacher with strong gymnastics background. Contact: Frank Munton, Cumberland County Gymnastics Center, 95 Spring St., Scarborough, Maine 04074 (207) 883-1663.

Experienced gymnastics teacher and coach needed for pre-school through team levels in one of the best developmental programs in North Carolina. Great working conditions in our new 14,500 square foot facility with device room and pit. Come join a team of warm, caring staff dedicated to the development of children. Paid vacation and health benefits. Salary commensurate with experience. Call for interview at (919) 262-2255.

2 positions available. **BOYS COORDINATOR:** Enthusiastic individual with good organizational skills to help develop our growing Boys programs. Must be capable of coaching team levels IV - I and recreational classes. **GIRLS COACH/CHOREOGRAPHER:** Good technician with strong motivation and communication skills capable of coaching team levels IV - I and development classes. Must be willing to work within our structured program and the USAAGC Jr. Elite Development Program. Salary for both positions commensurate with experience. Great facility located in beautiful No. California. Send resume to: Mascaro Gymnastics Center, 3070 E. Bay Vista Ct., Denica, CA 94510, or call (707) 765-9103.

Full-time men's and women's assistant coaches needed immediately. Experience necessary for Class IV - I programs. Salary commensurate with experience in large, fully-equipped gym. Send resume and contact Jim at 7605 Mansfield Dr., San Antonio, Texas 78216 (512) 566-0544.

Brown's Gymnastics is looking for team coaches. Move to sunny Florida. Well-developed program looking for quality coaches at all team levels. Must be enthusiastic and energetic with organizational skills and compete with coaching background. Male and female apply. Girls level 3, 6, 7 coach needed and level 9, 10 coach needed. Excellent coaching conditions. Salary, benefits, and compensation with experience. Contact: Kevin and Rita Brown, Brown's Gymnastics, 780 Omega Avenue, Altamonte Springs, FL 32714 (407) 869-8746.

Well-established gymnastics club is now hiring assistant coaches. Join our staff of 22 and work with classes and teams. Looking for professional and energetic individual - B.A. preferred. \$20,000 salary, 2 weeks paid vacation and full medical benefits. Send resume and call for an interview. Joe or Cherie Pasatogas, Flip Over Gymnastics, P.O. Box 446, East Brunswick, New Jersey, 08816 (201) 224-0882.

Full-Time Gymnastics Director. Wanted for well-established Gymnastics and Dance Academy. 400 gymnasts. Directing gymnastics program & competitive team. Salary commensurate with experience. Send resume to: Manatha Academy, 9410 University Parkway, Pensacola, Florida 32514 (904) 475-8559.

New ultra-modern gymnastics training center seeking **INSTRUCTORS AND COACHES** to work with all levels of program — classes, teams, training squads, both boys and girls. Professional experienced individual with lots of energy, B.A. pre-

CLASSIFIED ADS

terned. Looking for full and part-time. Salary negotiable. Full medical benefits and paid vacation available. For more information contact Jonathan at: Scheffer School of Gymnastics, 1880 Princeton Avenue, Lawrenceville, NJ 08644 (609) 261-2825

ELITE CHOREOGRAPHER - Articulate and dynamic professional to coach Elite and Class I Floor and Beam. Work in an environment that nurtures State, Regional and National Champions. Selected position with medical and vacation benefits available (see 1). Send resumes to Anna Lutz, 10449 Midway Industrial Drive, St. Louis, MO 63132 or call (314) 438-2496

POSITION AVAILABLE Girls' Program Director - Head Girls' Coach International Gymnastics School-Camp, Inc., R.D. 3, Box 8012, Stroudsburg, PA 18086 (717) 629-0244 Salary plus benefits

Enthusiastic and responsible male coach to continue developing a strong girls' competitive program with lots of talent. Limited work with recreational classes. Live in Orlando Florida where our facility is over 8,000 square feet, on a ground lot and over 250 students. Good pay and benefits for right person. Send resume to: Flip Flop Shop, 2351 Bringle Avenue, Orlando, FL 32818 or phone (407) 291-6260 ask for Bob.

ACQUISITIONS

IF YOU ARE CONSIDERING SELLING YOUR GYMNASTICS CLUB, we may be your buyer. SPORTASTICS, INC. is seeking acquisitions. Absolute confidentiality. Ask for Jan Williams at (317) 352-4268

CAMP LISTING

The Summer Camp for Rhythmic Gymnastics 1989 at Hampshire College, Amherst, Massachusetts. Maria Bakos/ Director. Internationally known Olympic coach and choreographer.

July 14-18: Coaches' training course and judges' seminar

July 18-22: Gymnastics Camp Week. Open to gymnasts (age 8 & up) and coaches. Full week of rhythmic gymnastics, ballet and jazz.

July 22-26: Optional workout week for Class I & II only.

FEATURING: Internationally and nationally-known figures in the world of gymnastics and dance. Special guests for 1989: Andreea Simke (Hungary), 6th AA at 1988 Olympics, and leading the judges' seminar is Madame Jolyette Koop (from Canada). Write or call: Maria Bakos c/o Rhythmnika, Inc., 31-15 Van Kleeck St. #5H, Bristol, NY 11503 (716) 437-8447

GIBSON QUALITY

— means quality from around the world.
Binger Shoes made in West Germany



Pro Dynamic Shoe
Sizes 4 - 10 1/2
(full sizes available)
\$10.00 per pair
plus \$5.00 shipping
Other styles
also available —
please call

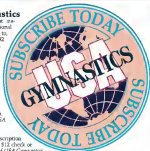
GIBSON, INC.
P.O. Box 1444, Englewood, CO 80155
(303) 697-1612 1-800-421-4385 ext. 222

USA Gymnastics

covers important national and international competitions leading up to, and including, the 1992 Olympic Games for men, women and rhythmic gymnastics. Get to know the gymnasts through interviews, profiles and competition results. USA Gymnastics gives comprehensive gymnastics coverage in six, full color issues for only \$12.00. Order a subscription for yourself or for a friend. Don't know what USA Gymnastics has to offer?

Please enclose any subscription immediately enclosed is \$12 check or money order or 6 issues of USA Gymnastics

Name _____
Address _____
City _____
State _____ zip _____ Phone _____
Check one: ☐ gymnast/age ☐ Parent ☐ Coach ☐ Other _____



U.S. Gymnastics Federation
Pan American Plaza
Suite 300
281 South Capitol Avenue
Indianapolis, IN 46225

SPECIAL SALE

**FOR A LIMITED TIME ONLY
TAKE 20%-25% OFF SELECTED
ITEMS IN U.S. GYMNASTICS
APPAREL.**

(Offer expires June 30, or while quantities last.)

**A USGF HEAVYWEIGHT
SWEATSHIRTS**—Now
we have a casual sweat that's
great for going to the gym or just
knocking around. Available in
navy or red with a white logo or
white with a navy and maroon
logo.

#6461-4464, White

#6471-4474, Red

#6481-4484, Navy \$22.95 \$18.00



A

B FLIP THE MONKEY—Look
out, Gorfield! The newest
addition to the gymnastics fam-
ily is Flip, the cutest stuffed
monkey you've ever seen and
now he can belong to you! Flip
comes with a maroon, white, and
navy cap with USA on the bill
and a t-shirt with the USGF logo
on the front and 'Flip' on the
back. This primate comes in a
small size at 11" tall and has
suction cups so he can accom-
pany you in your car, or a large
size—16 1/2" for an in your gym,
your office, or your room.

#9971, Large Flip \$29.95

#9972, Small Flip \$19.95

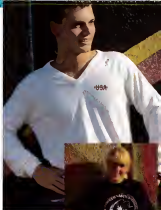
**C USA GYMNASTICS
SWEATER—This USA
Gymnastics sweater is an upscale
piece, great for casual or dress,
this sweater goes everywhere
and is available in four colors.**

#9951-7954, White

#9951-7954, Red

#9951-7954, Grey

#9951-7954, Navy \$22.95 \$20.95



C



D

**D USA GYMNASTICS
POLO SHIRT**—Here's
what you've been asking for—
USA Gymnastics is embroidered
in red and blue on your choice of
white or navy. This classy polo
will complete your wardrobe.

#6351-6354, Navy

#6361-6364, White \$22.95 \$18.95



B



USA GYMNASTICS T-SHIRT: You know who you are, now show them. Wear a USA Gymnastics t-shirt, either long or short sleeved. USA Gymnastics is in maroon and navy on a white 30/30 t-shirt.

#0111-0115, Long Sleeve _____ Was \$10.95, Now \$8.00
#0161-0167, Short Sleeve _____ Was \$3.95, Now \$3.50

40% OFF

ROAD TO SEOUL

**HURRY! ACT
NOW WHILE
QUANTITIES
LAST...**



ROAD TO SCOUT. APPAREL

ITEM#	DESCRIPTION	NOW
5331-5334	Road to Seoul Midweight Sweatshirt	15.00
5334-5344	Road to Seoul Basic Sweat short	11.00
5331-5334	Road to Seoul V-Neck Jersey	12.00
5351-5354	Road to Seoul Short Sleeve T-Shirt	8.00
5391-5394	Road to Seoul Long Sleeve T-Shirt	8.00
4233	Road to Seoul Pm.	3.00
6231-6244	Road to Seoul Crewneck Jersey	15.00
7881-7884	Road to Seoul Floor Pants	16.00
6251-6254	Road to Seoul Long Sleeve Pants	18.00

Order#	Qty.	Size	Description	Piece	Total
Total Amount:					

☐ Charge My ☐ Visa ☐ MasterCard

Client #	Proj. Name
1	1.1
2	2.1
3	3.1
4	4.1
5	5.1
6	6.1
7	7.1
8	8.1
9	9.1
10	10.1
11	11.1
12	12.1
13	13.1
14	14.1
15	15.1
16	16.1
17	17.1
18	18.1
19	19.1
20	20.1
21	21.1
22	22.1
23	23.1
24	24.1
25	25.1
26	26.1
27	27.1
28	28.1
29	29.1
30	30.1
31	31.1
32	32.1
33	33.1
34	34.1
35	35.1
36	36.1
37	37.1
38	38.1
39	39.1
40	40.1
41	41.1
42	42.1
43	43.1
44	44.1
45	45.1
46	46.1
47	47.1
48	48.1
49	49.1
50	50.1
51	51.1
52	52.1
53	53.1
54	54.1
55	55.1
56	56.1
57	57.1
58	58.1
59	59.1
60	60.1
61	61.1
62	62.1
63	63.1
64	64.1
65	65.1
66	66.1
67	67.1
68	68.1
69	69.1
70	70.1
71	71.1
72	72.1
73	73.1
74	74.1
75	75.1
76	76.1
77	77.1
78	78.1
79	79.1
80	80.1
81	81.1
82	82.1
83	83.1
84	84.1
85	85.1
86	86.1
87	87.1
88	88.1
89	89.1
90	90.1
91	91.1
92	92.1
93	93.1
94	94.1
95	95.1
96	96.1
97	97.1
98	98.1
99	99.1
100	100.1



City State Zip

[illegible]

Order By Phone
Visa or MasterCard
800.723.5060

Abstract *condi-mat* order of 400 000
 From subject to change without
 notice. Allow 10 000 working days for
 delivery. 10 000



Apparel & T-Shirts
Last digit of order #
designates the size desired

Adult mean	0.2	1	0.7	0.5
Least Night	1	2	3	4

Order by phone
VISA or MasterCard
(317) 237-5060

THE GOODWILL GAMES. A WINNING TRADITION.



SEATTLE '90 GOODWILL GAMES



Greg Louganis

1964-1988 Olympic
Double Gold Medalist
Diving

"The Goodwill Games are
20 world-class sports with
the top eight athletes
competing in each event.
Under these given
circumstances you will see
some of the best
performances ever!"

—Greg Louganis

A dream field in
spectacular confrontation
of the only major
international multi-sport
competition scheduled to
be held in the U.S. this decade.
Join the world's winners.
July 20 - August 5, 1990.

GOODWILL GAMES WINNING



UNITING THE WORLD'S BEST.

